

MANAV MOOTRA

(AUTO-URINE THERAPY)

A treatise on Urine for universal health

By

Raojibhai Manibhai Patel

Foreword by

Dr. Jivraj N. Mehta

Former Chief Minister, Gujarat State, Ahmedabad

Edited and Revised by

DR. SHANTILAL M. DESAI

M.A., PH.D.



प्रकाशक

BHARAT SEVAK SAMAJ, GUJARAT

Ahmedabad

GANDHIJI ON NATURE-CURE

"Forty years before, I happened to read two books by Kuhne, The New Science of Healing and Return to Nature. Since then I am an ardent believer in Nature-Cure.

"India is a poor country, and I am trying to evolve a Nature-Cure system which could benefit the poor masses of India. I wish to confine myself to a system and means, which relate to the five elements, viz. Earth, Water, Light, Sky and Air. This means that, people with faith in God will follow the path of nature and use natural means for cure of their diseases.

"It also means that it is better to prevent disease, than cure it after it has got a footing in the body. This will teach people to observe cleanliness and show them the proper way to keep their bodies and minds healthy."

MANAV MOOTRA

(AUTO-URINE THERAPY)

A Treatise on Food for Universal Health

By

Rajendra Manibhai Patel

Foreword by

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Former Chief Minister, Gujarat State, Ahmedabad

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Printed at

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Phone : 5356933
and
Nashabandhi Compound,
Lal Darwaja, Ahmedabad-1

DEDICATION

*Dedicated to the poor, the afflicted and the
suffering humanity with a hope and a
prayer that urine therapy be used
with full faith for the alleviation
of all their diseases.*

- Raojibhai Patel

REDEDICATION

*Dedicated to the suffering humanity with love and with an
expectation that all those interested in perfect health
of body and mind would certainly use
this natural, easy and handy means
not only for curing diseases and
maintaining health but
for developing all their
energies on physical,
mental and even
spiritual
planes.*

- S. M. Desai

PUBLISHER'S NOTE TO FIFTH EDITION

It is a pleasure to publish Fifth Edition in English of 'Manav Mootra'. Thirteen Edition of Hindi book "Arogyaka Amulya Sadhan" and Sixteen Edition of "Manav Mootra", Gujarati has also been published some time back. This shows that publicity and propaganda of this book is very much increasing day by day. Though protest from Experts of Allopathy, Homeopathy and Ayurved, without any publicity experiments on Auto Urine Therapy are being done at many places of Gujarat. More and more patients suffering from various diseases and having been disheartened after use of all type of medicines, resort to Auto Urine Therapy and have regained their lost health.

generally nature itself tries to keep healthy, diseased body and if the disease has not entered deep into the body disease itself becomes silent naturally and the doctor and medicine gets the credit. But in case of disease deeply rooted in the body, by suppressing, the outer signes of disease by use of medicine, instead of its cure, it take deep root in the body and comes out again and again in one way or the another. To get cure from this, more powerful medicines are being used and the disease takes serious turn and the patient cannot get himself cured after even taking powerful medicine or injection. He gets weaker and weaker, week by week, and becomes unhealthy. The only course to get out of his serious circumstances is to remove waste and poison gathered in the body. For this one should make change in habits of taking food, water and living style, and resort to natural and controlled life. By doing, so, one would regain his lost health. All these matters have been considered in this book in simple language.

In addition to publication of this book, centre, for giving advice for Use of Auto Urine Therapy is being run for the last seventeen years at the office of Sadachar Samiti situated at Nashabandhj Compound, Bhadra, Ahmedabad, Shri Pannalal Zaveri and

Pranlalbhai Mehta were giving their honorary Services at the centre till their death and were giving information and guidance to patients. Shri pannalal Zaveri was a dedicated Social Worker of high quality and in his death there is a great loss to this Institution. Shri Pranlal Mehta was a retired Judge and after his retirement in 1973 he dedicated himself to the services of Sadachar Samiti. In his death, the institution has suffered irreparable loss. Shri Shashikant Patel, Son of late of Raojibhai Patel, father of Auto-Urine Therapy, continues to give honorary services to the Insitution. But for his services the Institution would have crippled down. He has a vast experience of Auto-Urine Therapy. He gives advice and guidance to patients either comming personally from all over India or by about 200 letters every month, without charging any fees. Shri Pranlal Mehta had made correspondance with eminant doctors of England, U.S.A. and Germany to show how Auto-Urine Therapy is useful in curing various diseases all will be surprised to know that eminant doctors and scientists have given much importance to Auto-Urine Therapy and have written that Auto-Urine has proved useful in case of incurable discase like cancer and serious type of other diseases.

Experiments on auto-urine therapy is being conducted in Gujarat for the last about seventeen years and its advantage is being taken by Learned, Intelligent and rich classes. In addition doctors and Vaidyas are taking keen interest in Urine Therapy for the last few years. Some Vaidyas have praised this system openly by writting in daily News papers and Doctor friends (M.B.B.S., M.D.O.) believing in Allopathy have started taking keen interest and It is heartening that they infrom either personally or by writting letters etc. that this Therapy is important and that incurable and severe diseases have been cured by use of Auto-Urine Therapy.

This type of beneficial Auto-Urine Therapy in which no expense is to be incurred has been proved beneficiary to poor as well as rich classes in these days of critical financial position. In such circumstances request was made to Gujarat Government to have research and experiments on this therapy and to put it on right

direction. The public would be glad to know that the Gujarat Government has agreed for the same.

In addition to this book, Auto-Urine Therapy Advisory centre has published books and publications cantaining various type of details of own experience.

This centre receives about 200 to 300 letters from differant parts of the country. Letters from foreign countries are also being received. Reply to every letter and full information regarding treatment is supplied and correspondance continues in the matter. In these letters we get worth taking instances of cure of disease and experience of Auto-Urine Therapy. Information of these cases is published in monthly magazine "Saberno Sad" published by Adhyayan Mandal, Ahmedabad Patients from every corner of India either in person or by writting letter to Auto-Urine Therapy centre, Nashabandhi compound, BHADRA, AHMEDABAD- 380 001 request for guidance and advice and is being given with satisfaction to all.

In this Edition Part VI has been added which contains case history of patients who have successfully under gone this trêatment recently.

AHMEDABAD

(BABUBHAI VASANWALA)

Date : 25-1-1991

BHARAT SEVAK SAMAJ, AHMEDABAD

We are happy to bring out the 6th reprint of MANAV MUTRA. However the pleasure of bringing out a new reprint is of a mixed nature as our senior colleagues Babubhai Vasanvala and Pannalal Jhaveri are no more. Of course, we realise that the only wayout from the sorrow of their departure is to continue the useful work they cherished. And hence, this book. Needless to add that the various other activities too will be continued with all the vigour at our command.

Jayantibhai Trivedi

Hon.Secretary

Bharat Sevak Samaj, Gujarat

PUBLISHER'S NOTE TO SECOND EDITION

TO THE SECOND REVISED ENGLISH EDITION OF RAOJIBHAI'S
Manav Mootra - AUTO-URINE THERAPY.

It is inspiring and gratifying that long after Shri Raojibhai's demise, the demand for his epochmaking book *Manav Mootra* originally written in Gujarati continues to be in great and constant demand, in its various editions in Gujarati (9th edition to be shortly published) and in Hindi (4th edition to be shortly published) and even in English (the present second English edition). The first English edition was sold out some two years back.

We have tried to edit and revise, the earlier edition, cutting out some old and duplicated matter, but retaining every thing that is the true philosophy and methodology of the Urine Therapy, as propounded by the ancient literature, the pioneering work of Armstrong and the original and practical contribution of Shri Raojibhai Patel, as well as the case histories and experiences of some eminent medical men both of Ayurvedic and Allopathic training.

The popularity and demand for the book continues in spite of the opposition of many medical practitioners and without any publicity whatsoever.

There is a demand for bringing out Marathi edition; two editions of Kannada translation have already been published.

This shows that Urine Therapy has proved quite effective in many serious diseases, which have been pronounced incurable by doctors.

Looking to the popularity of the book, we would request the medical professionals to shed their prejudices and give this system a fair trial.

May this book help the suffering humanity, especially the poorer sections, to alleviate their sufferings.

The present edition has been edited and revised by Dr. Shantilal M. Desai who is also keenly interested in Urine Therapy.

PANNALAL JHAVERI

Chairman

Bharat Sevak Samaj

(Gujarat)

PREFACE

It gives us pleasure to publish the Seventh Edition of MANAV MOOTRA (in English), originally written by Late Shri Raojibhai Patel, the first chairman of Bharat Sevak Samaj, Gujarat State Branch. This book has been translated into Hindi, Gujarati and Kannad languages also. Eversince the publication of this book in 1959, it has been revised from time to time and a number of new case histories and updated information have been added to make the book more useful. There is a demand for the translation in other Indian languages too which proves its usefulness and popularity. This fact could be ascertained from the following figures of circulation.

- | | |
|----------------------------|--------------|
| 1) Manav Mootra (Gujarati) | 77000 Copies |
| Eighteen Editions | |
| 2) Manav Mootra (Hindi) | 77000 Copies |
| Fifteen Editions | |
| 3) Manav Mootra (English) | 22000 Copies |
| Seven Editions | |

It may be worthwhile to note that this phenomenal demand of the book has taken place without practically any publicity and inspite of opposition from some sections of the society. But, on seeing the success of the Therapy their opinions have been changed. The attitude of the Gujarat Government has also been favourable & sympathetic. However, intensive efforts are required for the experimental research work in this field to give the therapy a status of scientific treatment. The efforts of the voluntary agencies in this direction could be supplemented by the government providing the necessary infrastructure for the research and clinical work. Bharat Sevak Samaj is the pioneer in the field of Auto Urine Therapy. The experiments were made on oneself by Late Shri Raojibhai Patel when the name of Auto Urine Therapy was not even heard by the people. He also published his experiences in form of a book in 1959. Several institutions and individuals are trying to exploit this therapy for their commercial motives which is very sad.

It is encouraging to know that in western countries, the urine therapy is being practised to cure several incurable diseases like cancer. Some universities have encouraged the research in this

sector, and injections are also made out of urine. Unfortunately, no systematic or scientific research has been undertaken in our country. The institutions which are interested or eager to work in this field do not have sufficient resources for the purpose. May be, as in other sectors, we follow the western countries in this field too, and we may accept this therapy after it is accepted by other countries.

In this edition several new recent experiments and their results have been added. We are thankful to Dr. Shantibhai M. Desai our old friend for his valuable contribution in writing a chapter no.6 (at the end) which includes some new concepts for maintaining good health and latest successful cases of Urine Therapy.

It will be gratifying to take note of the commendable work done by Shri Raojibhai Patel, Shri Pannalal Jhaveri, Dr. Maganbhai Salaria, Dr. Paragjibhai Desai, Shri Pranlal Mehta, Shri Juthabhai and Shri Babubhai Vasanvala, former Health Minister, Gujarat State for their valuable contribution in propagating the concept of this therapy taking it to the people. We hope that in the time to come, the auto urine therapy by its virtue will take its place in the domain of medical treatment and will be effectively used in eliminating the sufferings of the poor.

Jayantibhai Trivedi

Hon. Secretary

Bharat Sevak Samaj, Gujarat

Swami Manuvaryaji

Chairman

Bharat Sevak Samaj, Gujarat

Place : Ahmedabad

Date : 20-5-97

SUFFICIENTLY THOUGHT-PROVOKING

I have great pleasure in writing a Foreword on the book *Auto-Urine Therapy*, the English translation of the book originally published in Gujarati under the title *Manav Mootra* (Human Urine) by late Shri Raojibhai Patel as the author and Bharat Sevak Samaj-Gujarat, as publishers.

Shri Raojibhai Patel was a front rank fighter in the struggle for India's independence. He was also a dedicated constructive social worker all his life. Publication of observations recorded with a missionary zeal, by such an eminent personality, requires careful study. The belief that urine is not an excreta but is one's life-water, gifted by Nature for the purpose of health living and for use as a main therapeutic measure for almost the whole range of human diseases, including such diseases as cancer and pulmonary tuberculosis is intriguing, interesting and fascinating. If it could be substantiated by human experiments undertaken and planned on a scientific basis, it would be a great boon to human beings, more so in the modern age of space travel.

The author had a heart attack in 1954 and again in 1958. During the latter attack he was given by a friend a book entitled *The Water of Life* written by John W. Armstrong, from which he has drawn his main inspiration. John Armstrong claims to have been inspired by his own interpretation of Biblical writing in the fifth chapter of Old Testament, 'Drink water out of thine own cistern' as equivalent to a command to drink one's own urine. The present author has sought historical evidence of the health preserving properties of individual's own urine, by quotations from the 'Puranas', the 'Bible', as well as from the Ayurvedic and Jain literature. It is further assumed by the author that one of the biological instincts of all animals is to resort to drinking their own urine during illness and that Homo Sapiens (man) has lost this protective biological instinct during his social evolution. The next basic assumption by the author is a statement that urine is not an excreta but an elixir of life having in its composition all the

vital ingredients necessary for the continuation of biological functions during health, and for their restoration to normal equilibrium during ill health. All throughout the book it is evident that the author believes in the assumption that an individual's own urine is the vital elixir of his life as a matter of unshakable faith. Naturally, the evidence supporting the Faith is loudly hailed, which any adverse remark or statement is dumped as arising from ignorance, prejudice or selfish motivation of vested interest.

Case histories of instances of beneficial effects of the therapeutic use of one's own urine are recorded. The case records of its usefulness in pulmonary tuberculosis, bone tuberculosis, gland tuberculosis, diabetes mellitus, gangrene, cancer and other growths, retention of urine, nephritis, heart-diseases, mitral stenosis, high blood pressure, oedema, malarial fever, filarial diseases and other fevers, coughs and colds, eosinophilias, asthma, deep wounds, burns, obesity, cataract, glaucoma, menstrual disorders, pyorrhoea, hyperacidity, gastric ulcer, appendicitis, colitis, sprue, ascites, gout, eczema, leucoderma, psoriasis and leprosy and other disorders are quoted. These case reports are random samples and do not come from any definite groups of diseases in a series which could lead to any statistical analysis.

The book is written in a stimulating style and is fairly thought-provoking. If, by a resort to a simple remedy of drinking one's own urine a large number of minor and major ailments are claimed to be cured, it requires further focussing of attention to it. Also the problem needs a large scale of scientific and statistical study by a large group of workers to bring it out from the realm of mystery, miracle or faith, to a simple scientific observation.

After going through the book, one would make the following observations :

1. Drinking and local application of one's own urine, associated with fasting is claimed by a fair number of individuals to have beneficial effect for a variety of ailments as recorded by the author.

2. Follow-up study of the cases reported in the book for a period upto five years would be highly informative and instructive.

3. The correctness or otherwise of the theory that all animals instinctively drink their own urine, during ill-health needs examination and observation by biologists, with an open mind all over the world.

4. The theory that urine is not an excreta but a secretion having in its composition all the vital constituents needed for the restoration of health to the individual, needs to be studied and corroborated or rejected by physiologists and biochemists, in view of the evidence sought to have been brought out by the author.

5. The present reports are based on the effects observed from a combination of the use of one's own urine and starvation by fasting. Would it be worthwhile to make serial observations on the effects of, firstly the use of urine alone (without fasting), secondly, fasting on water alone (no drinking of urine); and thirdly the combination of fasting and drinking one's own urine ? Thus controlled experiments could be planned both on healthy volunteers and on patients. Such a study would be necessary, if the therapeutic value of human urine is to be generally accepted.

6. One would strongly recommend a study of human urine therapy in a series of cases of one disease entity, e.g. diabetes mellitus or inoperable cancer, so as to enable one to record the percentage of success or failure as compared to the established treatment for the particular disease-entity.

In conclusion, it can be stated with a certain degree of fairness that the book of Human-Urine (*Manav Mootra*) is sufficiently thought-provoking to necessitate further trials planned on scientific basis, prior to partial or complete acceptance or rejection. The tenacity of purpose shown by the author is highly praiseworthy though one wishes, he was less uncharitable to his critics.

Ahmedabad,

13-11-1962

JIVRAJ N. MEHTA

BEAUTIFUL AND SIMPLE THERAPY

Shri Raojibhai experimented this new therapy of urine in his old age and indisposed condition and obtained good results. The courage and vigour with which he made publicity of this therapy for the welfare of society, is enough to put a youth to shame. Thus he prepared this small (now large in volume) book. From the very beginning he had kept me informed of this experiment and had also sent me a copy of *The Water of Life* by John Armstrong. In fact such a method of treatment of all diseases, without any medicine, should be listed under Nature Cure, but so far it has not been included in what is ordinarily known by that term.

In any scientific subject, the keystone is laid by the successes achieved through experimentation. There is no room for any miracle, secrecy or mystery about it. I am not aware of any other book by Armstrong besides the one mentioned above on this subject. Though in Ayurveda we do get a description of the medicinal use of urine of different animals besides man in successfully curing various diseases, yet the method of curing all diseases with human urine as described in this book, has a special charm for all, I believe, if such experiments are continued and the complete course of this treatment is systematized on the basis of available experiences, the cure of many, otherwise, incurable diseases can be achieved without any burden on the purse of the patient.

The main difficulty in this treatment is the feeling of hesitation and common dislike of the very word 'urine'. Hence a change in the attitude of people is necessary to make them ready for its internal and external application like that of other medicines, unpleasant in smell and taste. The author has taken pains in this respect. Besides his one and that of his relatives, he has given the experiences of

number of educated as well as uneducated men and women. The book also contains an article by the veteran physician Vaidya Shri Bapalal. In addition to all this Raojibhai has clarified the ins and outs of this therapy in the supplement, which is in the form of question-answer guide and will greatly help the readers to clear their doubts.

I hope that in this age, when there is a largescale manufacture of strange medicines every day, this beautiful and simple therapy will be highly welcomed.

Dated : 12-1-'59

New Delhi

MORARJI DESAI

ABOUT SHRI RAOJIBHAI

Shri Raojibhai took up the mission of urine therapy in the evening of his life and that shows that his spirit was quite young though his body was old and full of diseases. He was a popular social worker and was known for his hard and selfless work.

He was born in Charotar area of Gujarat on 23-6-1888. Since 1907, he took a fancy for the service of the motherland when he first attended the Indian National Congress Session of Surat.

He went to South Africa to earn his living and became a shopkeeper. But his yearning spirit soon took him to Gandhiji's fold and he joined his Phoenix Ashram in 1912 and joined the Satyagraha movement too. In 1915 he had to come back to India as his uncle was sick. By chance Gandhiji too returned to India after his successful struggle in South Africa and so Shri Raojibhai began to stay at his Sabarmati Ashram. He served under Gandhiji in various ways. In his later years he was much more prone to spirituality even though he continued his social service. When in 1953 Bharat Sevak Samaj was started the work of its Gujarat branch naturally came to Shri Raojibhai's hands. In 1954 he had a heart attack and he came to know about urine therapy by chance and he heroically experimented with it. He took it up with a missionary spirit and there was the unique zest to find out a costless sure cure for the poor. He did great justice to the task and the people at large well responded to his call. Many a people experimented on urine therapy on their own and they conveyed their successful experiments to Shri Raojibhai. Such a great popular response was beyond Shri Raojibhai's expectation but it certainly made him fully convinced that urine therapy had great potentialities and a great future. So he devoted every minute of his life to this task till the end of his life on 20-1-1962. So he died in harness.

INTRODUCTORY

"Even Rama, the incarnation of God, could not know what would happen the next morning." Rama was to be enthroned next day. But instead of enthronement, he got banishment, but smilingly and with the same joy and enthusiasm, he dressed himself in deer-skin and went to the forest. Similar was the experience with me in writing these chapters. Throughout my life, I have worked in politics and have enjoyed social service. I have observed restraint as far as possible in leading such a life and have always tried to control the mind. I have derived pleasure from such efforts. After all self-satisfaction is the greatest pleasure and I have always coveted it. Like an ordinary man I felt self-satisfied by recording the incidents of my life in the second part of my book, "Life-streams" (*Tivananan Zaranan*) and then I retired from active life as if waiting for death, the greatest friend of may.

Service-motive : But events do not occur as we desire. 'God is almighty' and the world moves according to His will. I was not an exception. I was on the brink of death when God engaged me in a new activity which I never dreamt of. I wished to live a peaceful life without any strain, when the work of urine therapy suddenly appeared before me. I had no concern whatsoever with the systems of Ayurveda, Allopathy, Homoeopathy, Naturopathy, Hydropathy of Biochemics and other treatments. I may not be even able to pronounce the difficult names of these therapies ! And I am not ashamed of it. I have not the least idea why God ordained me to take to this field ! It may be that omnipotent Power who is present in every heart is working through me. It is in my nature that if I get a chance to serve the sufferers, I can refuse to go to heaven and would gladly prepare myself even to go to hell. Gandhiji was a great reservoir of merits. I would have thought blessed, had I been able to drink a few drops from that vast reservoir and I have been always

eager to understand and adopt his spirit in public welfare activities. In fact, the work of social service is highly difficult and complex. It is not a bed of roses, but that of thorns. Only a martyr can tread such a hard path. I have felt satisfaction in whatever little I could learn of such martyrdom of Gandhiji.

God is omniscient and it is He who gave me an opportunity to work in this new field of public service. As if to test my faith and conviction. He offered and challenged me to take up the work of Urine Therapy. Urine is such a substance that the very name of it creates nausea among people, how to dare to talk of its use? I, who was on the brink of death, was dragged by God into this inspiring work, and I have engaged myself wholeheartedly in the propagation of Urine Therapy. 'God helps those who help themselves.' And so it was with me. One after the other, people came to me from far and wide and described their varied experiences on this subject; thus my faith in Urine Therapy began to increase.

A Natural Means : I have not considered Urine Therapy from the viewpoint of Ayurveda or Allopathy and I do not even feel any necessity for that. I have undertaken this work through my faith in God wherein doctors or scientists can hardly venture to tread or take interest. Unlike the prevalent systems of treatment, Urine Therapy is a unique gift of God for the well-being of all living beings. Ayurveda, no doubt, has been evolved from experiments with natural herbs, but the medicinal use of urine was known earlier than that, as a positive and not a negative means for preserving as well as restoring health. God has provided every human being from his very birth with this unique means of preserving health. As a matter of fact, it is not a treatment for a particular disease but a strong preventive against all ailments. I do not waste my time in unnecessary arguments as to how, why and on what basis such a faith was engendered in my heart. The sun is there and I see it; does it require any argument to prove its existence? Physician is the creation of man himself and culture. It is a plain fact that God did not create any physician to preserve the physical soundness of

human beings and other living organisms. On the other hand he has equipped every organism with a means of preservation in the form of urine. It is purely a matter of firm and true faith. Every human being is free to behave according to his own inclinations however strange or peculiar it may be. Man is the most foolish in this matter. He has raised a host of medicines for himself. But, should we forsake the truth on that account? Human being is a miracle of God and it is unthinkable that in the matter of preservation of health he should depend on extraneous help while the rest of the animals, birds and insects depend on nature. Surely, God had provided every living being with a complete and self-dependent organism and also with a means to preserve its health. This is an apparent fact and it may be unpallatable to the so-called cultured and civilized modern society but it cannot refuse to accept this naked truth. The light of truth like the effulgent sun cannot be concealed for long.

The Two Sides : Thoughts of this type arose in my mind and ultimately I decided that Urine Therapy is a very vast field. I thought it to be very useful for the service of suffering humanity. I do not know how far an insignificant person like me would be successful in this task, as I have neither the capability nor physical stamina to undertake it. Still I have ventured to write the following chapters with an aim to remove the ignorance of people on the subject. I shall feel my attempt to be rewarded if something be done in this direction. But mere writing does not serve the purpose. The propagation of this therapy has advantages as well as difficulties.

The advantages are - (1) Urine is a gift of God. (2) It is a unique and complete fluid to replenish all the deficiencies and this is proved scientifically, (3) It costs nothing but as far as the benefits are concerned it is invaluable. Earnest faith and firm conviction, not money, are the only price for it. (4) It is far more effective than any other medicine. (5) According to Ayurveda, it is the destroyer of the external and the internal body-poison. It is also a tonic that invigorates the body, checks old age and removes weakness. (6) It is

harmless and in no way injurious to the body. It will be a great service to Ayurveda if the importance of such a useful fluid is brought home to the people at large. It is true that I am a supporter of Ayurveda but at the same time I hold that Urine Therapy is the mother of Ayurveda. No devotee of Ayurveda should be offended or be disheartened by this statement. I request him to form his decision after proper thought. I do not mind if he accepts this therapy even as a part of Ayurveda. The poverty-stricken populace of our country seems tired of costly medicines, long treatments and worries involved therein. This provides a favourable condition for the propagation of this therapy.

Now, I would relate the obstacles-(1) Urine is an object of general repugnance and there is a wrong impression about its taste and smell. (2) Ours is a wrong notion that bodily poison is excreted through urine. (3) Since the Urine Therapy is not in vogue for the past hundreds of years, we did not know the scientific method of its application. (4) We are careless in taking the necessary precautions while adapting the therapy. We are generally inordinate in our diet and habits. (5) There is taboo in the high and cultured society against urine. (6) The practitioners of other systems of medicine, for the sake of their own interests, are opposing it tooth and nail in the name of cleanliness, culture and civilization. Though many Vaidyas have accepted Urine Therapy as a part of Ayurveda, yet many of them, mad after money have joined the opposition. (7) The common man lacks sufficient moral courage to reject false notions and ideas about Urine Therapy and replace them with correct ones.

Resistance to Exploitation : In spite of these obstacles, it is my firm faith that Indian public can be saved from the clutches of the blind followers of Allopathy. This is however possible only when all the talented and genuine followers of Ayurveda make a concerted effort, with full faith, to eliminate the pernicious dominance of modern medicine. The devotees of Ayurveda, for this, shall have to practise penance, do reseraches and devote themselves to this task whole-heartedly. No doubt, there are a few benevolent and selfless

Allopathic doctors but they are very few and their voice is not heard; it is merely a cry in the wilderness. Some of the doctors, honestly admit that they are practising modern medicine because they are educated that way and it is the only means of their livelihood. The number of such doctors is exdtremely small, while the manufactyrers, distributors and other businessmen in the fiedl are thousands in number and have vested interests. Some of the doctors have confessed that, while suffering from fever and cold they themselves use Indian herbs like the extract of chiretta or myrobalan, but they prescribe injections to their patients suffering from the same disease ! These injections cost them fifty paise or a rupee for which they charge five to seven rupees to the patient. The number of doctors, who are really an honour to their profession or truly help a patient, may be at the most a hundred among thousands. Good doctors earn reputation not only for themselves but to their profession and the rest of the lot take advantage of their goodwill. So the experts become a support to quacks. Their inter-dependence and mutual help give the quacks prestige in society. Had the society benefited by their influence even to some extent, it could be justified. But it is painful to see that by their dominating influence, society is ruined physically, mentally and economically. One would not mind if a particular section of society holds infulence over the rest of the society by virtue of its mental or spiritual power ; but if a class of people, without any such virtue exploits society in the name of reforming them, or releiving them of their troubles, it is altogether intolerable. It is then the sacred duty of every citizen to oppose such an exploitation. It is clear from its history and innumerable instances that Allopathy has failed to eliminate or reduce human ailments. On the other hand, the old diseases become chronic and new ones come into existence. Day by day efforts are being made to keep villages, towns and cities cleaner and are provided with more and more amenities, but it is a mater of painful surprise that diseases and also the number of doctors and other medical practitioners are keeping pace with

greater rapidity ! Let us take practical instances.

Revealing Figures : Population, municipal budget and the number of medical practitioners in Ahmedabad in the years 1931-32 and 1957-58 were as followe :

Year	Population	Municipal Budget	Registered Doctors Vaidyas and Hakims
1931-32	3,82,000	30,80,000	200 (Appro.)
1957-58	9,70,000	3,07,00,000	800 (Appro.)

This date clearly indicates that the population of Ahmedabad in the last 25 years has increased by 250% and the expenditure on cleanliness, sanitation, roads, drainage, establishment of new colonies, small and larger gardents, etc. has increased by 900%. In proportion to the increased expenditure of the municipality on the various items of civil amenities, the expenditure of public money on health should have been less; nut instead, there is a 400% increase on these items; while the doctors, vaidyas and Hakims depending upon the public money have multiplied four times. What could be the reason? This is the problem which invites a good deal of consideration from every thoughtful person. In addition, the public health, instead of improving has gone down considerably. Old diseases are becoming more and more acute and new diseases are raising their heads. This is not peculiar to Ahmedabad only but every big or small village, town or city of this country is facing this problem. Who is responsible for all this? I place this problem before those who claim a monopoly of public health but have failed in the discharge of their responsibility.

Harsh but True : In the year 1909, Gandhiji severely ciritcized doctors and lawyers in his book *Hind Swaraj*. He placed legal and medicinal practice and also prostitution in the same category.

Forty-nine years ago, when I read his revolutionary views in *Hind Swaraj*, I felt some turth in such severe criticism by an humble and saintly person like Gandhiji who himself was a barrister. Gandhiji was a great sould and was always in search of truth. He never hesitated to change his views and confess his mistakes whenever it was proved otherwise by facts. But he nveer retracted his above views in this connection. My own experience also confirms it and I hold Gandhiji was absolutely correct in this matter. A lawyer and a doctor are human beings and are useful to society to the extent to which human feelings dominate their profession. But my life-long experience compells me to conclude that whenever the professions of law and medicine are practised by the greedy, they hav destroyed the social and moral health of the society and in addition the medical profession has harmed its physical health too. Of course, there is a small number of kind-hearted and honest persons in these professions, but either they are unwilling to accept this truth or they feel themselves helpless to overcome the established wrong traditions. This is really a sad situation.

It is the need of the hour, therefore, for the public to wake up from the long inertia and fortify itsef against the social, moral and physical exploitation by these educated but greedy professionals. My readers will forgive me for the above statement which would appear too harsh and unpalatable, but I do hope that they will think over it and realize the underlying truth.

To conclude, I wish to express special thanks to Shri Morarji Desai for his kind support to this casue taken up in this book. It has given me much pleasure and encouragement. I thank too Dr. Jivraj Mehta for his encouraging words. His support to this therapy as a doctor is valuable, no doubt.

RAOJIBHAI MANIBHAI PATEL

PREFACE

Man's progress and happiness depend solely upon his physical and mental health. His physical and mental health are interdependent and upon the health of the individual depends the health of the society. So the most primary concern of man is his health. His foremost duty, therefore, is to keep his health; if by chance he falls ill, he should regain his health as early as possible by natural means. If he understands the reasons and causes of his ill health, he can easily take steps to cure it. The main causes of diseases are mainly bad habits, wrong and unnatural way of living and mental aberrations. Some times strong likes and dislikes, prejudices, anger, avarice and other mental negative attitudes cause ill health. So the most urgent matter for every man is to keep physical and mental normalcy. Urine therapy is very useful in keeping one's health - physical and mental. It is useful in many ways not only in keeping health but in curing ill-health and diseases of various types. Its intake can be useful in getting rid of negative attitudes like nausea, disgust, etc. and even prejudice against such a beneficial natural substance.

Self-support in Health : It is an age-old dictum that true happiness lies in being self-supporting in every way and in every walk of life. It is even more so in the matter of keeping health and curing illness. Nature too teaches man to be self-supporting. Man's body is autonomous in many a way and the ultimate purpose of nature is to make man fully self-supporting. As a child grows it becomes more and more self-reliant and its progress is judged in the measure it achieves self-reliance. So a fully grown man is he who is self-reliant in the matter of his health. He is fully wise who has not to resort to medicine every now and then. But in case he has some illness he should resort to such means as would make him and keep him self-reliant. Such a natural means is auto-urine. It is harmless and innocent and keeps him self-supporting in curing his ill-health. Auto-urine is the king of all the homely or household cures and treatments. It can be used by the poorest and even the richest with equal benefit and so it is an equaliser in matter of medicine. It is

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fully a democratic and socialistic means in its true form ! So the knowledge of auto-urine therapy must be imparted in general knowledge about health to every child.

True Nature of Urine : Auto-urine is a sure cure in most of the major and minor diseases. Only God's name truly recited is a panacea and next to it is auto-urine, though not a panacea but it is certainly a sure cure. It is easy in its application but hard to a closed mind. A man with open mind can fully take advantage of this natural and handy universal medicine but a closed mind can hardly allow its intake and even its application. In its true and natural form it is not bad in taste, nor ugly in appearance. It contains all the five elements of earth, water, fire, gas, etc. It has the six-fold taste of saltiness, bitterness, etc. and that too all at a time.

It fulfils the Law of Circle of Circuit : Urine therapy has not only an age-old support of all religions and their authentic texts but is equally sanctioned even by experts of today. The wise support it. Ayurveda fully supports it. An age-old experience also completely sanctifies it. If auto-blood can be taken, why should not auto-urine be taken when both blood and urine are so intensely interrelated ? Like auto-blood, auto-urine fulfils the law of circle or circuit. In nature, law of cycle is omnipresent and it works everywhere. The universe is round or spherical. Evaporation of water on earth and the formation of clouds and its raining on earth completes a cycle. Positive-negative poles in magnetism and electricity fulfil the same law of circuit. The reproduction of vegetable and animal and human world proves the same law of circuit. Leaves fall from the trees and they decay and are transformed into manure and that goes back to earth and the trees take nourishment from it and in this fashion big forests come into existence by the law of circle. So naturally auto-urine also fulfils the same law of circle or circuit and nourishes, sustains and replenishes human body.

Why not Call It Urine-naturopathy ? : Urine therapy has so developed that it can be easily seen from its technique of treatment that it is very much based on the main principles of naturopathy.

Naturopathy insists on fasting, earth-pads, enema, dieting and cleansing of body and proper nourishment. Ayurveda emphasizes the same and insists on proper diet according to seasonal changes. Urine therapy is based on the same fundamental principles but there is a special additional natural substance therein. The substance is auto-urine and its addition makes a great difference and so it deserves a new name and an appropriate one is urine-naturopathy. It is a synthesis of all natural pathies and so it is an integral and natural therapy. Thus its very nature prescribes its use and non-use and also when it can be applied and not applied. Being a fully natural therapy, it can be applied in all cases except some rare and urgent cases of surgery. From this book, it can be known how and when and wherefore it can be utilized to the best advantage.

My Own Experience : I am not a doctor of medicine but a doctor of philosophy and even then I dared to edit and compile this book, not out of any audacity but only on the basis of my own experience of this therapy for the last ten years. Not only myself but our family members had rarely to take Allopathic medicine and all of them have mostly utilized and depended upon naturopathy and household medicines when there was minor or major illness in the house. Recently I fasted mainly on urine for seven days taking some milk during the day. It relieved my eye-strain to a great extent and I felt the body very light as it was well purified.

About This Compact Edition : In this edition all the facts and figures of Shri Raojibhai's book are retained. It is a revised and compact edition of Shri Raojibhai's book with certain additions. To make it compact, the repetitions are done away with; irrelevant details are avoided as they are not useful now to the reader even though they were useful at the time when it was written. It is revised in order to make it compact, and more readable. All the illustrations are, no doubt, kept in tact as in the original and a few more are added under the caption "Aftermath of Cases". These cases were successful cases of urine therapy which took place after Shri Raojibhai's demise. So the order of diseases cured is somewhat

changed in order to present them in a proper sequence.

A New Text-book on Urine-therapy Necessary : As more and more research is to be carried out in this field and as it spreads more and more in rural and urban areas, a new text-book on urine therapy seems to be a necessity. Such a text-book on urine therapy would give all the research references from old texts, e.g. *Shivambu Kalpa*, Ayurvedic texts and other references. It should give a full philosophy of urine therapy in a very scientific way. It should also give a general method of treatment of urine therapy and at the same time should also give disease-wise detailed instructions of treatment with only relevant illustrations. In short it would be a text-book not only on philosophy of urine therapy but also on its varied treatment from disease to disease and though in this therapy the medicine is auto-urine it is quite different from person to person and is unique for one's own use and so such a text-book would provide a novel materia-medica too. Such a book should be dealt with a researcher's approach and should be fully treated scientifically without any reservation.

SHANTILAL M. DESAI

AUTO-URINE THERAPY AT A GLANCE

Auto-urine treatment is a sort of nature-cure treatment. A patient suffering from any disease can take this treatment without any hesitation as it is harmless and innocent. If this experiment may not cure the disease, at least it won't do any harm to the patient. A person who wants to take this treatment, should ordinarily observe the following instructions :

1. *Beginning; Fasting and Drinking of Urine :*

Auto-urine treatment should be started by observing fasts for one to four days as per one's own capacity. During the fast auto-urine should be taken three to four times a day. Boiled water may be taken during the fasts. The first portion and last portion of the morning urine should be discarded and the rest of the urine should be taken. After the fasts are over the urine should be taken regularly during the whole treatment. If the patient is not able to observe fast they may begin with taking cow's milk or goat's milk with *moong* water in a small quantity.

2. *Restrictions on Diet :*

After the fasts are over, as stated above, liquid food should be taken, viz., cow's or goat's milk, *moong* water, vegetable soups and then gradually should take simple food like well-cooked rice, fruits, other than bananas and chikus (being very sweet). Black peppers, spices, oil, chillis, etc. must be totally avoided. Tea and coffee should also be given up. If the patient has got the habit of taking tea or coffee, it should be gradually given up and meanwhile the tea and coffee when taken should be taken in mild form. Non-vegetarian diet, smoking of bidi or cigarettes and alcoholic drinks should totally be stopped.

3. *Massage :*

Alongwith drinking one's own urine the massaging with one's own urine is also necessary and important. The patient should massage softly his whole body particularly the affected part with

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one's own four to five days old urine as per the instructions given in the book, "*Manav Mootra*". The cotton cloth-pad wetted with one's own urine can be laid on the affected part. A patient with eye disease should wash his eyes thrice or four times a day with one's own urine with the help of an eye-bowl.

A cloth-pad wetted with auto-urine can be placed on the eyes at night.

After massaging or rubbing the whole body lightly with auto-urine, two to three hours should be allowed to pass before taking the bath. If possible sun rays should be taken in the interval before taking the bath. At the time of taking bath, use of soap should be avoided. 'Aritha' should be used instead of a bath soap.

4. *Motion should be clear :*

It is most important to see that the patient should have a clear motion in the morning daily. If the patient does not get clear motion, enema should be taken of auto-urine with warm water. Glycerine syringe can also be taken. Clear motion can be had by applying cloth-pad wetted with auto-urine on the lower part of the abdomen.

5. *General :*

All sorts of medicines should be stopped generally when the auto-urine treatment is going on. If it is inevitable to take any medicine, it may be taken during the course of the auto-urine experiment but should be gradually stopped.

Thus the important aspects of auto-urine therapy are, fasts, drinking of the auto-urine, massaging, restriction on diet, and regular clear motion. Drinking of auto-urine and massaging with auto-urine of four to five days old should be regularly continued during the experiment. Liquid-food like *moong* water, goat's or cow's milk, soups of different leafy green vegetables are all advantageous and helpful. Only vegetarian food should be taken.

Ten to fifteen days after the auto-urine treatment, one should look to the result achieved during the time. If the patient finds that

he is getting good result the experiment should be continued with full faith. The experiment should be continued looking to the condition of the patient's health. Light physical exercise in the morning may be also help bringing good result. The result of the experiment may communicated to the advisory centre. The patient should remain in contact with the centre.

As stated earlier the Auto-Urine Therapy is a Natural Treatment. If the disease is treated in early stages, the treatment is very effective as shown by practical experiments of various diseases. Moreover there is no harmful effect in any case.

While making correspondence with us the patient's name, the name of the disease, age of the patient, duration of the disease, etc. must be clearly mentioned. During the experiment of the auto-urine, the above particulars as well as the result of the experiment, may please be mentioned. Please state the number given by us while making correspondence with us.

Bharat Seval Samaja (Gujarat)

Shivambu-Auto Urine Therapy Advisory Centre

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AUTO-URINE THERAPY

PART I

PHILOSOPHY OF URINE THERAPY

सत्यमेव जयते नानृतं
सत्येन पन्था विततो देवयानः
येनाक्रमन्त्यूषयो ह्याप्तकामा
यत्र तत्सत्यस्य परमं निधानम्

Truth alone is victorious and not falsehood. Gods tread the path of truth. Treading this path, the sages having fulfilled their desires, reach the abode of the Highest Truth.

CHAPTER I THE INVISIBLE POWER

प्रातर्भजामि मनसो वचसामगम्यम्
वाचो विभान्ति निखिला यदनुग्रहेण ।
यन्नेतिनेति वचनैर्निगमा अवोचु-
स्तं देवदेवमजमच्युतमाहुर्गम्यम् ॥

In the morning, I pray to the God of gods, Who is beyond mind and speech; by Whose grace all speeches are manifested, Who is negatively described by the Vedas, and Who is unborn, stable and Who alone was before the creation of the entire universe.

The same Supreme Being is seated in my heart too. I devoutly pray to Him and begin this auspicious undertaking, I beseech with the utmost humility that the merciful God may bestow on a dwarf like me a sublime vision. Who can understand this creation of Brahman ? Man might boast of his intelligence but his vision is extremely narrow. He is like a frog in a well. He has given different names to that invisible and unknowable Power as per his limited vision. A saint has rightly said :

Oh God ! Thou art without a second
Thou art one with many names;
The reality is the same.
Thou art the same as Alakha or Ilahi,

Rama or Rahim;

And Thou art the charming Lord, Keshava,
and Karim;

O Lord ! Thou art the Creator, holy and pure;
Thou art eternal, the Supreme Actor and

Omnipresent;

Thou art formless Allah, One, Ganesh, and

Goswami;

Thou art wonderful and peerless, possessing
infinite names.

- DADU

The Unknowable and Invisible Power has manifested Itself in the form of the universe. He incarnates sometimes as a prophet, sometimes as the son of God, and sometimes as a propounder of a religion. Different incarnations propagate religions according to the demands of the time and place. All religions are different ways of worshipping the one universal God. All individuals approach the same Supreme Being by their respective religious paths.

Lord Krishna bestowed on Arjuna in the *Gita*, a divine vision and he saw in the Infinite Being innumerable animate and inanimate beings, thousands of suns, the entire earth and the sky. Arjuna prayed to him in the following words :

"Thou art the perdecceptor of even Brahman, God of gods, beyond existence and non-existence, the first God and the support of the universe." He could not see even then the beginning, the middle and the end of that Power. How could he do that ? The beginningless cannot have a beginning and that which is without beginning cannot have an end. There cannot be any middle when there is no beginning or an end. Arjuna found solace by taking refuge in that Invisible and Unknowable Power. He could understand the Invisible Power only by surrendering himself to God. Let us do likewise and realize the same vision.

GOD'S WONDERFUL PLAY

God is invisible, unknowable without beginning and without an end; this is true; but no useful purpose would be served if He always remains in that stable and transcendental state, Can there be joy or pleasure only in that state ? He must, therefore, become visible. He must become knowable otherwise the purpose of the creation of the universe cannot be explained. That is why He engaged Himself in self-manifestation. This manifestation is the play of God, Who pervades everything. Besides the earth on which we live, there are innumerable universes, stars, moons and suns and the creation covers all beings, living in the sky, water or earth and all objects, big or small, movable or immovable. All this is the creation of God and they are the transformed manifestations of the invisible and unknowable God into the visible and knowable state. As a poet is manifested in his poetry, an architect in his architecture, an artist in his art, even so God is manifested in every particle of His creation. He is perfect and so His creation is perfect. As we humans are imperfect, so is our vision also imperfect. One who is imperfect cannot grasp perfection. We have lost contact with Nature and have failed to mould ourselves according to her laws. We are far from God and ignorant of Nature. This ignorance is augmented in proportion to the distance we have moved away from God and Nature. Interest or taste cannot develop in the state of ignorance. Oneness with Nature is impossible in that ignoramus state. In the absence of interest and harmony, Nature appears to be harsh, ferocious and even meaningless. We can have confidence in and harmony with Nature only when we surrender ourselves to Nature's Creator. "We should feel in the heart of our hearts that every particle of Nature, big or small, beautiful or ugly, is our own part. We should have living faith in this ultimate Truth.

We recite the axiom (यथा पिंडे तथा ब्रह्मांडे), 'as is in the individual

body, so is in the universe' like a parrot, but neither we believe in nor feel any urge to realize it. Consequently, we remain weak and helpless. We are unable to attain harmony with Nature. We do repeat that the same Controller of the universe resides in every heart but do not trust our own words. We have failed to practise it in our own life.

It was in 1910 that I took a German steamer from Bombay to go to Africa. One day, when the steamer was sailing through the mid-ocean, I sat on the front deck and enjoyed the miracle of the Great Artist. A German co-traveller was sitting by my side. He asked Me : "I hope you are a Hindu."

"Yes, I am," I replied.

"Do you take meat ?" He asked again.

"No. I do not. I am a pure vegetarian."

"Why ?"

"Because the animal whose flesh you eat also has life. It also feels pleasure and pain like ourselves. According to Hinduism the same soul dwells in all living beings, and I believe in this principle." I replied with full faith and confidence. He joked, "It means you may sometimes take birth in the form of a fish also ! Is it right ?"

I replied with gravity, "I am not sure whether in the past I was born as a fish or shall be born as such in the future, but I am sure that the same soul lives in both the fish and myself."

The above incident came to my mind when I was writing the present chapter. According to this spiritual principle, a fish or a crocodile, cruel animals like lions or tigers and poisonous snakes should be placed in the same category. Similarly, all inanimate things having different forms should be regarded as an indivisible part of Nature. The world is full of beauty and charm giving joy and bliss to the person who knows the above principle and has realized it in his life. Such a person would certainly realize that like the Creator, every part of His creation is perfect and self-contained.

When the artist is perfect his art cannot be imperfect. When the Creator of the universe is perfect every part of the universe also must be perfect.

We cannot find any living being in the universe whose necessities are not fully provided at the very birth. Sometimes the newly born babe appears to be slightly defective but it is due to the defect in the parents or due to some physical deficiency. Nature creates every organism complete and self-sufficient.

Let us take human being as an illustration. Nature gives birth to the baby and provides milk in the breasts of the mother for its food. If the mother is temperate, in her food and other habits, her milk is an innocent and complete food for the baby. It is sufficient for its health and nourishment. If the milk becomes vitiated through some transgression of natural laws by the parents and the baby becomes a victim to some ailments, Nature has provided the baby with an effective medicine in the form of urine. Nature brings the baby on earth along with this invaluable medicinal gift. So I have written above that even the smallest particle of creation is perfect and self-contained even like the Creator Himself.

CHAPTER III NATURE AND SCIENCE

Man is the highest creation of God. It is said that the full identification with Nature is possible in human form only, and that is another name of union with God. God has bestowed on man two instruments to attain that state, and they are mind and intellect. Ordinarily a human being is guided by mind. Intellect helps the mind to come to a decision. The decisions of mind are influenced by the environment, contacts, endeavours and past impressions. The intellect helps mind in the fulfilment of its desires and fancies. The mind nursed in vicious environment leads astray the intellect

also. But a mind with noble instincts and faith in the eternal laws of Nature, is helped by the intellect in becoming Nature's helpmate in the divine creation. On the contrary, the mind with no faith in Nature, due to ignoble impressions and associations, is incited by the intellect to violate the laws of Nature. The permanent impressions (संस्कार) are not confined to the individuals only; they are related to groups also and group behaviour is responsible for the development of different cultures such as Eastern or Western civilizations.

The founders of different religions have ordained commandments in the name of God, in clear terms like, "Earn the living with thine own labour. Thou art gifted with two hands and two feet. One who does not live upon one's own earnings, is a thief and who spends away his earnings only on personal enjoyments, is a sinner." The true followers of every faith obey such instructions. The question arises that as man is already equipped with two hands and two feet to earn his livelihood, what is the use of intellect? The holy men of every faith have replied that the intellect is meant to work in co-operation with Nature. It means that God has bestowed every human being with intellect for the purpose of helping Nature. This world would become full of happiness if intellect is used for common welfare and the service of others. If it is used for selfish motives only, the world would turn into a jungle. An altruistic mind keeps equilibrium and beautifies Nature. On the contrary, selfishness disturbs the equilibrium, makes Nature rough or ugly and brings calamity, not only to human beings but to the entire living creation. The intellect works in accordance with the past impressions of the mind. If the mind behaves well with discrimination, purification and austerity, the intellect can well be directed towards the welfare of humanity. On the contrary, if the mind is selfish, ambitious, greedy, sensual and of hot temperament, it will direct the intellect for the destruction of humanity.

We can conclude from the above discussion that intellect helps Nature if it works in unison with Nature's laws. Then only, it is

beneficial to all living beings and can serve the world in the best possible way. But what do we actually see nowadays? The intellect is highly developed along with the human mind. It has become so powerful that an ordinary man is wonder-struck by its extraordinary performances. The intellect studied Nature, found out her secrets and discovered here new potentialities, but it has worked "against Nature with the very power so obtained. That power is science. Science is an outcome of developed intellect. Even the memory of the destruction caused by the atom bomb in Hiroshima during the last war causes shudders in us. The incident clearly shows how human being, animals, birds and vegetables are deprived of any safety in this atomic age. It is a pity that in spite of such a great danger, some people are still dreaming of atomic war! It is due to the same science that the seeds of destruction are sown in our life. People are becoming ease-loving. It creates an atmosphere wherein virtues like truth, non-violence, patience, tolerance, forbearance and simplicity are fast losing value. With the passage of time, humanity is coming more and more under the evil effects of the misuse of scientific discoveries.

CHAPTER IV

THE TRADITIONS OF URINE THERAPY- EASTERN TRADITION

In the second chapter, we came to the conclusion that even like God, every small or big portion of His creation is also complete in itself. He has created every being with perfect organism and has provided it with means to safeguard it against diseases and to preserve its health. This becomes quite clear when we observe domestic animals living under our care. The anatomy of their body is such that it enables their tongues to reach urinating organ. Thus they preserve their health by making use of their own urine.

History of culture of ancient India also throws some light on this subject. It has come to our knowledge that urine was used by the ancient people to preserve their health. Any disease caused by the improper diet, unrestrained life, addiction to bad habits, irregular living, excessive labour or idleness could be removed by the use of auto-urine. Only half a century ago, almost in every home, old grandmothers were accustomed to cure children and adult members of the house with the help of natural herbs and mineral alkalies, similarly, urine also had been a domestic remedy for curing of various physical ailments. In a Sanskrit text entitled *Shivambu-Kalpa*, belonging to the Puranic age, the importance of urine has been well described. Its style is that of mythological literature. The theme has been discussed in the form of a dialogue between Lord Siva and Parvati. I quote below some useful extracts from it ;

"O Parvati, now I tell you about the utensils, suitable for its successful process. It is prescribed by the learned people, expert both in theory and practice. The container should be made of gold, silver, copper, iron, zinc, clay, glass, bamboo, bel (*bilva*) shell or bone, leather or leaves. A practitioner should keep urine in any of the above utensils. O Devi, earthen or the copper pot are the best for this purpose.

"The practitioner should abstain from salty and hot food, should eat sparingly, should work without fatigue, should keep his senses under control, and should sleep on the ground. That discriminate and well-intentioned practitioner should get up early in the morning and urinate facing the east. Some portion in the beginning as well as at the end should be left out while the middle portion should be collected. It is the best portion of the urine for drinking. A snake contains poison in the mouth as well as in the tail and the same applies to urination. *Shivambu* (urine) is like nectar, it dispells disease and old age. A mystic follows his mystic practices after drinking it."

After this way of taking urine and the fruits thereof have been described. In its mythological descriptions, there is much

exaggeration. The benefits gained by its periodic use are as follows :

"First of all clean your mouth and attend to nature's call and then drink urine. By doing so for a month, not only are the diseases destroyed but the body gets purified and cleansed internally."

After this, there is a description of results achieved by its constant use for twelve months to twelve years. These details are not necessary for our purpose. Our aim is confined to physical health only.

Elsewhere it has been mentioned in *ShivambuKalpa*:

"By taking urine through nose every morning, all diseases in the body caused by *Vata*, *Pitta* and *Capa* (*Tridosha*) are destroyed. Digestion is increased and body becomes strong.

"One who rubs urine all over the body, three times during the day and three times at night, lives long. All his body-joints are strengthened and he becomes free from disease and remains cheerful.

"One who rubs the body with urine throughout night three times gets a beautiful body as lustrous as gold.

"O Parvati, one who drinks urine once a day and rubs it over the body for three years, gets a body full of strength and lustre, gets the knowledge of arts and science, attains speech which forceful execution, and lives as long as there are stars and moon in the sky.

Even if one omits the exaggerations from the above extracts, one can draw the following acceptable conclusions from them :

- (1) Urine Therapy is not a new discovery.
- (2) It was prevalent in India hundreds of years ago.
- (3) It has a curative as well as a preventive value if used properly, e.g., it can restore health lost through any disease and preserve health of the body.

This book also gives an account of various concomitant recipes (अनुपान) prescribed to be taken along with urine for curing different

types of diseases. That is not pertinent here. But it can be derived from the above account that most of the diseases can be cured by urine. Apart from this, it is well known that yogis used it to make their bodies healthy and free from disease before meditation. A friend of mine who has practised yoga for years under experience yogis in the South read the account of my experiences and wrote to me that he also used urine during his yogic practices. Not only does the body become healthy but the mind and the senses are also well controlled and purified. Success is definitely achieved if God's help is sought and mind is devotedly centered in Him. My friend whom I referred to above, was instructed by his preceptor about the use of urine, which he accepted with full faith without any hesitation. In the beginning the thought that the application of urine was the part of the practice only for removing disgust from the mind, but later he realized that it was a positive way to attain perfect health without which the practice of yoga is impossible. Every Sadhaka or practitioner of yoga should make his body free from disease before starting the yogic practices. He fasted for one and a quarter months taking urine only and made his body healthy and acquired equilibrium of the mind and control of senses. At the end he writes: "You have benefited yourself by urine therapy and have well placed your experiences before the world. It appears to me that you have done a great service public."

In Jain scriptures, too, the drinking of urine is prescribed for the monks, practising a special vow called *Pratima* as per original texts *(Chapter 42 of Vyavahar Sutra by Acharya Bhadrabahu). Its meaning is :

"Two types of vows, viz., *Pratimas* have been described, the longer one and the shorter one. A monk undertaking the shorter vow should practise it in the beginning or at the close of spring, (or in the beginning of winter). He should live in a lonely place outside village or city, in a forest or on a mountain or among valleys or in caves. If the monk begins the *Pratimas* after having his meal he should fast for six days and then break the fast. If he begins it without

taking meal, he should fast for seven days and then break the fast. The longer *Pratima* also should be at a time and at a place as shown above. In case a monk begins it after the meal, he should fast for seven days and in case he adopts it without taking the meal, he should fast for eight days and then break the fast. During the fast, he should drink all the urine passed out during the day, every day."

Lamas in Tibet have been freely using urine. It is by the miracle of urine only that they have been able to keep their bodies healthy for hundred and fifty years or even longer. Late Sir Morris Wilson had come to know of its use by Lamas, before his making his expedition to the highest peak of the Himalayas, i.e. Mt. Everest. While climbing, he had been drinking urine and was also rubbing it on the body. Thus he could safeguard his health against all minor and major ailments, bear the onslaughts of severe high-altitude weather and maintain his vigour and vitality.

Travellers in deserts and on the seas were accustomed to the use of urine. Those in the deserts used to take urine when their stocks of food and water were exhausted and thereby they could reach their destination safely. Similarly, it has been described in the annals of sailors that passengers on ship were induced to take their own urine when the ship lost its way during the storm and the stock of drinking water and food ran out. They could thus avoid death until they came across another ship or reached ashore.

But man is after all human. He has many weaknesses. Only a few can overcome them. The rest behaving responsibly, spoil their health through minor and major bad habits or indulgence. The farther man goes from Nature, the more he spoils his health. Thus, alienation from Nature has reached its climax in this age of artificiality. Nothing can be worse than the present state of human health. The seeds* of such consequence were sown when man abandoned the use of urine and began to use various artificial drugs which gradually usurped the place of the original substance, i.e., urine. Physicians of those times lived in the lap of Nature and their venture some nature induced them to carry out many experiments.

Thus they could create the system of Ayurveda. In the beginning herbal preparations may have been used with urine as the main substance. But, in the course of time, it appears that urine was discarded and water, honey, ghee, or milk took its place. At last, the place of urine was taken up purely by herbal preparations. The only benefit gained from this was that at last, direct contact with Nature was still maintained. Urine as a valuable gift of nature was, however, generally forgotten. Allopathy is so advanced today and it has dominated the society to such an extent that Ayurveda, if associated with it, would be forgotten. But fortunately, some forgotten valuable cures are still found in use among the village people. The village proverb, "This person would not urinate on even an injured finger", is still prevalent in the rural society. It implies that urine has a strong curative effect on any wound. I have observed myself that itinerant ironsmiths who live on village borders in mobile hutments and do the manual labour, make their bullocks drink their auto-urine and such bullocks become very robust and have full stamina. Such instances show that urine has high power of nutrition, too.

The question naturally arises as to why urine, so valuable for health, has been given up in the present age. The only answer to this is that our views regarding the values of life have altered. We have moved away from Nature and have forgotten the use of natural means. It is a sign of the so-called progressive scientific age! Still, however, there are a number of men who like to be benefited by this gift of nature. In India, as well as in foreign lands, there are a number of persons who, though quite ignorant of the modern cultural developments, keep themselves hale and hearty by using such gifts of Nature. Their ignorance has proved a boon to them as they reside away from the poisonous effects of modernism. There are many ascetics, saints, mystics, monks and other seekers of truth, in India and elsewhere who have deep faith in such natural means of health.

The system of urine therapy works quite in harmony with Nature and is almost flawless. Moreover, it does not hurt the religious sentiments of any person as it encourages one to lead a restrained

and simple life. In ancient times, urine was commonly used for preserving health but it was gradually forgotten in the middle ages. It is a matter of pleasure and pride that it is being revived these days. Its utility is being realized more and more day by day. It is hoped that in the course of time, it will be propagated all over the world.

CHAPTER V

THE TRADITIONS OF URINE THERAPY-WESTERN TRADITION

We have no information about the times when urine therapy came into use in Europe. It appears that orthodox Christians began its practice on the basis of an exhortation in the holy Bible. The late John Armstrong, author of the *Water of Life*, too, got this clue from the Old Testament. Its fifth chapter contains the following command : "Drink waters out of thine own cistern." This sentence reminded Armstrong of many of his past experiences and he experimented this prescription on himself. A detailed description of his experiments has been given in the second part of this book. It can be inferred from these references to the Bible that people in the West already knew about this treatment and were enjoying its benefits. The New Testament contains the following reference : "When thou fastest anoint thy head and wash thy face." When Armstrong read this an idea struck his mind that while fasting on urine, it should also be rubbed externally on the body. Consequently, he began massage with urine also, particularly on the head, face and neck. Thus he came to realize the underlying meaning of these Biblical words.

We can conclude that the West got inspiration for urine therapy from its religious book, the Bible. A doctor attached to a Christian missionary hospital, who believed in the above prescription of the Bible, had been serving in Gujarat. He used to collect urine of the

patient under the pretext of its examination, mixed it with medicine in proper proportion, and obtained the desired effect. The patients were cured rapidly. In this way, he cured thousands of patients, suffering from different diseases and earned good fame. Nobody knew this method of treatment except his assistant!

In the beginning of the nineteenth century a wonderful book was published in England, its title being *One Thousand Notable Remedies*. Some of the prescriptions found in it are given below :

1. The best and surest medicine for curing all the internal as well as the external ailments is one's own urine. One should drink one's own urine continuously for nine days in the morning. It cures leprosy and makes the body healthy.
2. Similarly, the application of urine cures dropsy and jaundice.
3. An ear douche with warm urine, removes deafness and many other troubles of the ear.
4. An eye-wash with urine removes pain, inflammation and many other diseases of the eye; the vision becomes clear and sharp.
5. Hands washed with urine and massaged with it are cured of paralysis, worms, itching and become flexible at the joints.
6. A fresh wound is healed when washed with urine.
7. Itching and burning sensations are cured by the massage of urine.
8. Piles and other troubles subside if anus is washed with urine several times.

A book, *Soloman's English Physician*, was published in 1695. It gives wonderful facts about urine. Some of them are as follows :

"The urine of human being and some of the animals is useful in many ways. The urine is the part of blood in the form of serum. Blood reaches the kidneys through veins. Its watery portion is separated there and is converted into urine through the process of fermentation. The urine of man and woman is warm and non-acidic:

It melts the foreign matter accumulated in the nervous system and works as an antiseptic, protecting the body from putrefaction and degeneration. Taken internally, it removes the trouble of liver, spleen, and diseases of gall-bladder, dropsy, jaundice, plague, irregularities of menstruation and all types of poisonous fevers.

"The skin becomes soft and clean if rubbed with fresh and lukewarm urine. Wounds inflicted by poisonous weapons are healed. All the acute and chronic diseases of the skin are cured. The temperature due to fever goes down by rubbing urine on the whole body. It is the best cure for tremor, fits and paralysis. It removes the pains of spleen when applied or rubbed on the stomach.

"Urine contains some alkalies which are volatile and are highly beneficial. They absorb acidity and root out a big number of ailments. They also cure the disorders in the intestine, kidneys and uterus. The urine is invaluable and the best cure for facial swelling, giddiness, nervous tension or breakdown, weakness, headache, paralysis, lameness, deafness, partial unconsciousness or insensitivity, cold, diseases of the head, brain, senses and joints. It also cures leucorrhoea and other diseases of the uterus. Urine removes the obstruction in kidneys and uterus, breaks the kidney-stone and throws it out. It is a special cure for nephritis, urinary obstructions and all other diseases connected with the urinary system."

Urine therapy was prevalent in France also. In the beginning of the eighteenth century, the dentists of Paris used to apply it for curing dental troubles. Thus urine therapy was known in the past but was forgotten during the middle ages. But our ignorance about the utility of urine is being removed gradually. In this age of modern science also, a good number of experienced and reputed doctors, have begun to believe that urine has a wonderful power of maintaining physical health. Jean Rostand, the wellknown biologist has found out glands in the human body and has proved that their secretions called hormones are wonderful nutrients for the organism. Since then, physicians have begun to appreciate the efficacy of

urine. A part of the hormone secretions is filtered in the kidneys and comes out along with urine. If applied again internally or externally, it can cure many ailments. Thus the latest discovery of biology proves that urine is not a useless fluid but a valuable substance. It is a wonderful tonic. The English physician Alis Barker holds that our body prepares a substance more powerful than any of the medicines and it contains all the elements which destroy the poisonous germs of the body. this substance is our own urine.

Doctor T. Wilson Dichmann, P.H.C., M.D., a well-known physician of England writes in a journal, "The composition of urine varies with every patient according to his bodily condition. Urine is the best remedy to cure all the diseases except the structural breakdown or deformity. The number of medicines exceeds three thousand. Urine saves the doctor from the likely mistake in the selection of appropriate medicine. As a matter of fact that which cannot be cured by inner strength fails to be cured by the outer one.

Ciril Scott in his book, *Doctor, Diseases and Health*, has given a beautiful description of the Urine Therapy practised by a J.P., late W.H. Buxtor of Harrogate city, Leeds, (England) in the following words :

"Mr Buxtor used to drink his urine regularly. He had also written a number of articles on the uses of urine. He lived a long life, got rid of his pernicious cancer by applying urine packs and by drinking it. He cured his other diseases also by this simple treatment. He had a strong belief that urine is the best germicide in the world. He used to drink three tumblers full of urine as preventive against any future ailment. He held that drinking of urine is not only harmless but is positively useful. He used to put urine drops in his eyes to safeguard vision. He has prescribed urine treatment for wounds, swellings and eruptions and held it as a unique laxative."

Nowadays urine is being utilised in the preparation of cosmetics also. The chemists of England have prepared the best types of bathing soaps and quality creams from it. It means that the

application of human urine had already been in vogue of which we were unaware. It is just possible that in course of time the physicians would utilise urine secretly in the treatment of their patients and earn money as well farne thereby !

CHAPTER VI

THE FUNDAMENTALS OF URINE THERAPY

It has been stated in the foregoing chapters that the application of auto-urine as the potential remedy of all ailments was in vogue in the past and is being practised even now. Generally, the views, sayings, methods and practices of the common people exhibit great wisdom. Such wisdom is evident from the common popular sayings also; they also indicate that the urine treatment was prevalent among common people. "Having drunk urine, he is intirgly after him!" or "This fellow is not ready even to urinate on an injured finger!" The former saying points at the energy obtained by taking urine and the latter its healing capacity to heal a cut. The village people of India are accustomed to cut jokes in their marriage songs. The women from the bride's side cut jokes with the bridegroom, "Your mother has nursed you so far only on urine. Henceforth you should take milk and butter also for your nourishment." When a baby suffers from diarrhoea or dysentery, the grandmother advises the mother of the baby, "The baby is suffering from diarrhoea cr dysentery, so give him his urine to drink. Do not wait for any other medicine."

"All these sayings and practices contain wisdom. They are full of common sense. It is the gift of past experiences and is preserved in the tradition coming down from generation to generation. The so-called civilized people at large, but they well display common sense and wisdom in every walk of life. They are unable to understand the high-sounding phraseology and the intricacies of

religion or philosophy but can display practical knowledge in their speech. They may not know the scholarly definition of universal love but they express the essence of love in the folk-sayings like--"Do not make any difference between yourself and others," "Live like brothers," "Do not behave unto other as you do not like them to behave unto you", "Return evil with good". These sayings represent their character and wisdom. These current sayings well express the fundamental principles of universal love or unity of all souls. Unity of souls is the fundamental principle of universal love, and is well expressed in these simple and plain language. Similarly the fundamental principle of urine therapy also is well expressed in the common quotes given above.

What is the fundamental principle? Let us try to understand it.

The universe is composed of the five elements: viz. the earth, water, fire, air and sky. Human body also is composed of the same five elements. Every organism is constituted of all the five elements in appropriate proportions. A person falls ill when the balance of the elements is disturbed through his or her own faults. In order to restore health, the balance must be restored. This function can be performed easily by auto-urine only. The proper maintenance of human organism rests on urine just as the earth's balance rests on the ocean. Urine occupies the same place in the maintenance of human organism as that of ocean in relation to earth. As water can assimilate the rest of the elements so can urine do with respect to all elements constituting the body. Urine is, therefore, a natural gift to all the living beings to cure their ailments. The same principle applies to the human beings as well. Thus I do not hold urine as an ordinary medicine but consider it to be the nectar of life. My view may appear rather strange to many people but it is not so strange as it may appear. It has been recognised now that penicillin contains a number of ingredients injurious to human body. Even then the scientists hold it as a panacea! I would request scientific-minded people to make an experiment with this real nectar of life in the form of urine. I assure them that their efforts will not be in vain as

the application of urine is in no case harmful while its success is certain if properly used.

Some sympathetic physicians hold that urine could serve a great purpose if its odour and taste could be refined. I have no objection to this suggestion. But it should not be at the cost of the basic potency of urine. I believe that any refinement in its odour and taste might mitigate its efficacy.

Some Vaidyas have suggested that it would be better if some herbs or other things also are used as concomitant recipes with urine. I cannot accept even this suggestion because in case it is mixed with herbs, it would be difficult to judge the real efficacy of either of the two. It would result in intellectual discussions and this natural substance would be misused of earning money. The God-given medicine should remain within the approach of everybody and serve as the domestic remedy in every home. It is possible only when neither its odour nor taste is changed nor it is mixed with anything else. The number of ailments has increased since the medical profession has fallen into the hands of the mercenaries. It is necessary that urine does not become a monopoly of the professionals if we wish it to be saved from them.

CHAPTER VII

THE SCIENTIFIC VIEW OF URINE

One day I was going in a car with two friends. A discussion started about my present activities about urine therapy. One of the friends said, "Raojibhai, we should make a scientific study of urine." The other friend replied, "What is the need of such an examination? It is itself a science. Its benefits are quite evident."

I was surprised at this decisive answer. One who claims that a subject in itself is scientific may not know what science is. The above reply expressed the opinion of a responsible and a

thoughtful man and it indicated his firm faith in urine therapy. I was not only encouraged with that reply but at the same time, it set me a thinking about the urine therapy and its profound significances. I have become a student again in this subject after seventy-two years of age. I do not possess any considerable literature on the subject. Only a few references here and there have inspired me to undertake this work. I believe that a great deal of material can be found on it in the old literature of Ayurveda, but the students of Ayurveda also are blindly following the modern medical science or they have lost the courage to challenge the so-called modern scientific medicine. Truth has been obscured by the dark curtain of such euphemism. Urine which is highly useful and quite pure is denounced as dirty and poisonous by the so-called scientists as they wish to grind their own stone. Let them do as they like. I am anxious even at the risk of my life to propagate what can be proved a boon to humanity. My propagation of urine therapy will be quite reasonable and will have a scientific approach.

While engaged in such a propaganda, I have received a letter from Mr. Jhaveri, a resident of Rander (Surat). He is eighty years old. He has studied the theory of the five elements in detail and has written in English a big volume and a number of articles on this subject. After coming to know of my present activities, he wrote to me affectionately - "While deliberating on five elements I have come to the conclusion that the earth cannot exist without the sea. After going through your book on urine therapy, I have realized a new fact which I did not recognize till now and it is this: Urine is the support of every living organism, whether human or sub-human, just as the ocean is the support of the earth. The earth cannot exist without urine. The urine therapy is a science in itself; it is self-evident."

A fact based on right self-experience should be called knowledge at first hand. But when the same is testified by many it can be called science. It is obvious that urine occupies the same place in the human body as does ocean in relation to earth. The

element of water is so powerful that it can absorb the other four. This is why it supports every small and big part of the body. The entire organism is maintained by this element of water. This element is not lifeless but is full of life. This is why it is present in all the cells of the body and possesses the power to protect and nourish them. As a matter of fact, nature has allotted it the function of protecting the body from diseases. But urine is far more than mere water and so it acts as the healer of the organism.

In spite of this very apparent truth about urine, the old prejudice about it cannot be removed easily. The votaries of allopathy hold that urine is a waste matter of the body and contains toxic elements injurious to the body. Its use is therefore harmful. Some naturopaths also in this country hold the same view. They, in this respect, endorse the views of the allopaths. I only ask all of them whether they have investigated its properties scientifically? On the contrary the fact is that many a doctor and Vaidya are already using the urine of certain animals for treating several diseases.

I do not want to discuss here whether the application of urine is scientific or not. If there is no objection in drinking the urine of cow, goat, camel and donkey, there is no reason for prohibiting the intake of auto-urine. All the professional doctors generally advance the self-same reply that urine is a waste substance of the human body. This is absurd. The human organism does not differ from that of animals like the cow, goat etc. Shri Bapalal Vaidya, a learned and experienced Vaidya of Gujarat, has proved on the basis of his own experience that auto-urine is far more beneficial than the urine of a cow, as cows in India are given dirty food, are kept in dirty places and their urine is collected in dirty pots or utensils. Those who do not know anything about the properties of urine, have no right to denounce urine as a poison or as a waste product of the body. Can they be called scientists?

On scientific investigation, it has been proved that urine contains a number of constituents that are useful and nourishing. Doctor Fehrer states in his world-famous book, *Introduction to Biochemistry*,

that human urine contains nineteen ingredients in different proportions. They will be discussed in details in the next chapter. According to dieticians and biochemists, all these ingredients are extremely useful to the health and nourishment of the body. One of them is urea which has the highest percentage, i.e. the quantity of urea is 1459 milligrams in 3400 milligrams of urine. It is highly nourishing to the human body.

It may be admitted for a while that the chemical urea when mixed with a medicine can make up its deficiency in the body. But it cannot make up all the deficiencies of other alkalies. But almost all of them are present in urine. So is it not advisable to utilize urine and to get full benefit of all the alkalies contained therein? My purpose for this discussion is to establish the fact that the urine is in no way harmful even according to the medical science. Auto-urine is a living solution and contains the substances which build, nourish and enliven the flesh, blood and the tissues of the body. Ayurveda describes urine as anti-poison and a tonic. There is no laboratory in the entire world can prepare a pure anti-poisonous and harmless solution like urine. It can be prepared in a laboratory like the living organism only. Another characteristic of urine is that it is a germicide and harmless. The germicides such as tincture-benzoin, acids, etc. are not harmless internally. But urine is quite free from all such dangers.

Any disease of the body pulls down health and pushes out health-preserving elements of the body through urine. So the urine of a diseased person contains these health-preserving ingredients of which urea is very important. It also contains ingredients which cause the disease. By drinking his urine, the patient gets both of these. The health-preserving elements help him to regain his health and the others act as anti-bodies. As in Homoeopathy, the other elements fight the disease as the like kills the like. Recently, in Germany, doctors prepare vaccines from urine and even from the excreta of human beings. If this allopathic practice is scientific, urine therapy must be more so.

It is necessary to remind here that the patients should be advised to have auto-urine only as far as drinking is concerned. The urine of other person, however healthy he or she may be, would prove harmful. We can say, in conclusion, that auto-urine of every living being, man or animal, is a complete scientific medicine.

CHAPTER VIII

THE ANALYSIS OF URINE

So far, I have written in favour of urine. Naturally, I cannot hope that everybody will accept my views. I have not studied Biology, Anatomy, Chemistry or any other subject related to medical science. I know that the researches of biologists and anatomists have not yet reached any final conclusions. The scientists generally make a discovery and hold that it is final. After some time, a new scientist comes forward with a new discovery which not only obscures the former but throws it into oblivion; and the new discovery seems to be regarded as complete and final! In every branch of science whether Chemistry, Physics or Biology, the same routine continues. The medicine which was regarded yesterday as one of the best and most useful is declared today as useless and worthless. But auto-urine is free from such a fate. Its place is permanent and impregnable. Auto-urine is a wonderful and complete gift of God. It is priceless and a sure remedy for almost all diseases.

In my experience, I have found auto-urine full of merits only, without a single demerit. How can I point out its demerits when there is none? But the chemists have found out both merits as well as demerits therein, though they are not unanimous on this point. Each one of them is blowing his own trumpet. They do contribute to the world of knowledge by their new discoveries and inventions and they do render service to humanity for which they are amply rewarded. A new discovery displaces an old one. But truth never

loses its importance and never becomes old. Love never becomes old. Faith can never be old. The soul is never old because it is timeless, indescribable and inapprehensible. These are truths to be realized within and realization is impossible without faith. It is wrong to censure faith by naming it as ignorance or blind belief. Faith is after all an inner awareness of reality, it cannot be analysed or grasped with intellect. My faith and interest in the merits of urine are not blind. They are based on logic as well as on experience. They are quite open to intellectual inquiry. The demerits attributed to urine are not its own. They are super-imposed by its wrong and unsystematic use.

Now we should try to know the ingredients of urine as found out by scientific methods. Dr. Fehren in his *Introduction to Biochemistry* gives his views on urine. First of all he discusses the number and quantity of the elements contained in the urine of a healthy person. He writes that a hundred c.c. or four ounces of human urine contains the following elements in proportions shown against them :

Ingredient	Milligrams
1. Urea (Nitrogen)	682.00
2. Urea	1459.00
3. Creatinin (N)	36.00
4. Uric Acid (N)	12.30
5. Amino (N)	9.70
6. Ammonia (N)	57.00
7. Uric Acid	36.90
8. Sodium	212.00
9. Potassium	137.00
10. Creatinin	97.20

Ingredient	Milligrams
11. Calcium	19.50
12. Magnesium	11.30
13. Chloride	314.00
14. Total Sulphate	91.00
15. Inorganic Sulphate	83.00
16. Inorganic Phosphate	127.00
17. P.H.	6.40
18. Total acidity as c.c.	-----
19. N/10 Acid	27.80

The above analysis shows that all the alkalies found in urine are highly useful to the human organism. It may be pointed out here that the quantity of alkalies is not always the same even in the urine of a healthy person. It varies from time to time. Different types of diets positively affect these quantities. Armstrong, the author of *The Water of Life*, has written on the basis of his own experience that sugar in urine does not necessarily always indicate diabetes. Once he himself took sweets in his diet along with sweet drinks. After fourteen hours his urine was full of sugar, and doctors declared that he was suffering from diabetes, but actually he did not. This mistake is usually found among medical practitioners. So we can say that a person with sugar in his urine cannot always be called a patient of diabetes. The author wants to point out from his experiment that the constituents of urine vary according to the diet. A person in the habit of taking sugar in the form of sweets and drinks is found with an increased quantity of sugar in his urine and he may get diabetes. But a number of patients get sugar absorbed in their blood without any trace of it in his urine. The change brought in the urine through improper diet sometimes puts even expert physicians in a quandary. My own experience shows that the seasonal changes also affect urine and its constituents.

Modern doctors hold that all the substances coming out with urine are useless and injurious to health. The above analysis based on a chemical examination of urine clearly shows their ignorance. On the contrary, all its ingredients are useful otherwise some doctors as mentioned before, would not have mixed it with medicine and prescribed it for internal use. Minerals chemically refined, are mixed with medicine and are prescribed for different diseases. Nature has already equipped human body with a good number of useful substances. To denounce them as harmful is not wise. In other words, it can be said that these medical practitioners under the cover of their certificates can declare anything as good or bad according to their convenience. They can even dare to make a right or a wrong statement and mislead the public as they like. They cannot do so in the case of urine successfully for long. It has been already proved that it possesses such properties as would increase and purify the blood as well as build, enliven and strengthen tissues rendered lifeless by disease.

Urine is generally described as having one demerit, i.e., its unpleasant odour. Its taste also is considered so bad that the very idea of drinking it creates nausea. People indicate their disgust against it by various facial expressions ! This difficulty is put forward by those only who have never made an attempt to drink it. My own experience says that some medicines are far more distasteful and have much more foul smell. I used to shudder while taking them. Vitamin is a digestive medicine and I used to take it after meals. It was abnormally distasteful and had a very foul odour and so even the person pouring it into a tumbler felt a vomiting sensation ! My condition while actually drinking it could well be imagined ! Nevertheless I took it regularly twice a day and became accustomed to the dosage. The taste of urine is not so bad. Any person in the habit of taking chemical salts will not feel a distaste for it. The urine of a health person appears and tastes like rain water. It is a bit saltish. In summer, the quantity of urine is reduced. It is condensed and becomes thick reddish-yellow and a little

unpalatable. It is saltish, sour and bitter and we feel reluctant to take it. But we take daily a number of medicines which have a far more foul smell and are quite unpalatable. After all, likes and dislikes for particular taste are subjective in nature and depend upon the habits of our tongue. We are almost always misled by this tiny organ and invite physical ruin. It is necessary to be free from the slavery to tongue at least for health. Urine is the substance which can prove highly useful to the body in case one does not lose command over tongue for a moment. It is a folly to overlook the benefits of such a substance and follow blindly the likes and dislikes of the palate. The smell of urine can also be defended by the same argument. The law applicable to tongue holds good in the case of the nose also. A Chinese does not feel the smell of urine or stools, because he has been accustomed to the through their daily uses in agriculture. I myself am unable to distinguish the smell of roses but I can appreciate that of *Champa* and *Mogra*. How pleasant is the smell of the melted ghee but a Zulu woman of South Africa feels nauseated by it. She draws back and twists her nose saying, "Naugagabi-it gives a bad smell". But the same woman likes to put on clothes or lether skirts soaked in castor oil day and night, which mixed with perspiration smells so bad that nobody can even stand beside her. It means that there is nothing like an absolute good or bad smell in itself. On the contrary they are only relative. Similarly pleasantness and unpleasantness of smell is associated with the habit of the sense of smell and it can be so trained that wrong dislikes can well be given up for the sake of health.

If urine is a natural gift for health, why does not the child possess an instinct to take it from the very birth ? It can be said that all other living beings do possess that instinct from the very birth and use it whenever necessary. The animals have another instinct also. They do not take their food when ill. They do not touch any food as long as sickness continues and take it only when absolutely free from it. Kind nature has provided human being with the power of discretion. But also ! he does not properly use it. He is sometimes misguided

by wrong logic and sensual mind. Consequently man is moving away from nature. Any drunkard usually hesitates to take wine in his first attempt. He feels natural reluctance and it arises from natural instinct. But the instinctive reluctance is gradually suppressed and ultimately he becomes a habitual drunkard. Similar might have been his habit of taking herbs. In the beginning they might have appeared to him tasteful and palatable. At the same time he found them convenient in utilising them and found them beneficial too. But in the course of time he began to create a science out of their use, and he totally neglected to utilise the natural gift, i.e. urine as a medicine, because he was too much habituated with use of herbs. Moreover, the same argument which is advanced by the doctors against the uses of urine and in favour of allopathy was adopted by them in favour of herbs.

We know now how plausible is the argument of modern medical practitioners about urine. If man moves away from nature as he is misled by the glamour of modern medicine, he must suffer the consequences. He has to taste the bitter fruits inasmuch as he behaves in disregard of natural laws.

Armstrong and myself have experienced that urine taken internally passes through all digestive organs and is well filtered there through. With every filtration, its purity increases on each repeated intake of urine. Everybody can have this experience by keeping one day's fast on urine and water. Urine then purifies the body and removes foreign accumulated matter. It renews the glands and nerves rendered lifeless by disease. As a matter of fact, urine not only sets in order the lungs, gall-bladder, stomach, brain, heart, etc., but removes many incurable diseases also. In short, we can obtain best results by keeping a fast on urine and water.

A SURE CURE OF ALL DISEASES

I have repeatedly stated in this book that urine is not a medicine for any particular disease. It is a gift of nature to get rid of many physical ills. People ask how can there be "One and the same medicine for one and all diseases?" Diseases differ from one another in their causes and symptoms. The diseases, caused by the aggravation of *vata* (gas), *pitta* (bile) and *kapha* (phlegm), are cured by different medicines. Can urine have the ingredients to cure all the three? If urine is beneficial in one case, it cannot be so in another and opposite case. Such a question from a layman can well be excused as they have no medical knowledge. But when it is raised by medical practitioners with high degrees and positions, it can be concluded that they are doing so with some *mala fide* intention or a selfish motive of discouraging the use of urine. They have not at all cared to study the principles underlying the urine therapy.

It is true that there cannot be the same medicine for all diseases. The urine of cow does cure many diseases and Vaidyas use it. Similarly the system of Ayurveda prescribes the urine of eight or nine animals for curing many diseases. It may be used with benefit. Such a practice cannot be accepted as scientific. The urine of an animal is useful to itself only. The use of auto-urine only, therefore, is scientific. However healthy an animal may be, it cannot be said with surety that its urine will be positively beneficial to others. Shri Bapalal Vaidya, while writing about his own experiences (See part IV of the book) states that he cured a wound on the neck of his mare by the ointment of ashes and human urine.

The urine of cow, camel and goat may cure some of the diseases of the human body. As the diet of the human beings and the domestic animals is more or less similar as it is vegetarian, their urine contains similar properties. Consequently, their urine is useful in certain conditions. I am sure, if Shri Bapalalbhai had used the

urine of the mare herself in the above case, healing would have been faster. But it must not have been possible to obtain its own urine instantly. Consequently, he used whatever urine was available. A number of Vaidyas do under stand the utility of human urine but they dare not overcome the nausea against it prevalent in society. They hesitate to use it openly. Many of them are not aware that this utility is confined to auto-urine only. But how can the utility of auto-urine in the case of animals be ascertained? The fact could be known only if the animals can describe their experience themselves! The poor dumb animals when sick, abjure food and cure themselves by licking their own urine. I have said nowhere that urine of animals of human beings is useful to others. It is the fundamental principle of urine therapy that only the patient's own urine, i.e., auto-urine must be used. The urine of another person, however healthy he or she may be, is forbidden. It should not be given at least for drinking. The same rule applies in the case of animals also.

After this clarification, it must be perfectly clear that urine in general is not a medicine for all diseases; but auto-urine alone is so useful. It is a sure cure for all types of illness. The urine of very person contains such properties as are useful to himself only and to none else. On the contrary, it may prove harmful to others. There is every danger of infection and the patient may catch a disease from the other person through his urine. Consequently, only auto-urine is useful to a patient, and the use of the same is scientific.

After the above discussion, can a question be raised whether urine can be held as the only medicine for many diseases? As a matter of fact, the property of urine vary with every individual. So there are as many medicines as the number of living beings as auto-urine differs from person to person. Every being has got his cure ready within him in the form of urine. This cure and its method of application have long been forgotten. We have to revive it by new experiments on patients. The Vaidyas and doctors who regard restoration of the health of the patient as their sublime duty, can undertake it and serve humanity thereby.

In conclusion, when all relevant facts have been clearly stated, I wish to make an appeal to all concerned that no false propaganda be made against this instant therapy.

CHAPTER X THE METHOD OF URINE THERAPY

I do not want to dwell any more on the importance of urine therapy. I have tried my best by argumentation to remove the prejudice against it, so deep-seated in the minds of the people. The real merit of urine can well be recognized from the actual practice of the method and experiments detailed in the following pages. I am sure that strong superstitions and prejudices would be rooted out after their thorough perusal. Hundreds of arguments are insignificant before a pinch of experience. Armstrong in his book, *The Water of Life*, gives a detailed account of the treatment of different disease. I have summarized them in the present book in a separate section. In addition, I have also give my own experiences and those of others. In this chapter, I wish to discuss an method of urine treatment in full details. A patient can apply them in accordance with his physical conditions.

The four methods of urine treatment are :

- (1) massaging with urine,
- (2) drinking urine,
- (3) fasting by taking only urine and water,
- (4) putting urine packs on diseased parts of the body.

(1) **The Method of Massage** : The treatment of all diseases except swelling, inflammation, boils, cuts, wounds, blisters, fire-burns, etc., should begin with the rubbing of urine on the whole body. Stale urine is more effective. *Shivambu-Kalpa* prescribes a urine preserved for thirty-six hours but Armstrong prefers it to be

even five or seven days old. In my view too, this is more useful. Urine when preserved for five or seven days gets ammonia concentrated. Its odour is intensified also with its benefits. Due to ammonia, it enters into human body quickly and abundantly. A normal person needs eight or ten ounces of urine for daily rubbing. It should be preserved in seven big bottles for seven days consecutively. The mouths of the bottles should be corked to keep away insects. Urine itself is a germicide. There is no possibility of germs being produced in it. The bottles should be arranged in the order of days for the facility of use. The mouths of the bottles should be wide enough to pass urine directly into them. The empty bottles should be cleaned and filled again the same day. It should be heated for rubbing, particularly in winter. Half of it should be poured into a cup and rubbed on half the body. One may begin with the head or with the waist. The urine remaining in the cup should be thrown away as it becomes dirty in the course of rubbing. Thereafter the other half of the bottle should be poured into the cup and the other half of the body should be rubbed. Rubbing should not be with a heavy hand. The movements of the hand should be light and pleasant. In no way should rubbing be painful or unpleasant to the patient. The hands should always move in the direction of the heart, i.e. from the head it should be downward and from the feet it should be upwards. It can be done once or twice a day according to convenience. If done once only, the duration should be about two hours and if done twice, each seating may continue for one and a half hours. There should be more rubbing on the soles, head, face and neck. In case of two hours' rubbing, fifteen minutes may be given to each sole and thirty minutes each to head, face and neck. One may use another person's urine only for rubbing if his own urine is insufficient in quantity. If the treatment begins with rubbing, the beneficial results are visible within a week. After the application for four or five days, the heat accumulated in the body may come out and the patient may feel itching sensation with or without small heat eruptions. There is nothing to fear about these signs. No other

treatment should be adopted out of embarrassment. The eruptions may be rubbed with some pressure. When urine penetrates into the body through rubbing, minor ailments disappear automatically. Ringworm, itch, eczema and other skin diseases disappear within a fortnight. An important instruction about rubbing is that no bath should be taken within two hours of the rubbing and no soap should be applied during the bath. In case of serious and chronic diseases, the body is generally poisoned by doses of strong medicines or injections and so a fast on urine and water is essential. The patient according to his condition and constitution may use cold or lukewarm water for bath.

Armstrong lays great emphasis on rubbing of urine. One may keep as many fasts on water and urine as he likes but without rubbing one cannot have the desired result. Rubbing together any two things generate heat. The heat produced by rubbing of urine opens the pores of the body. If rubbing with water also generates heat and opens the pores, what is the use of rubbing with urine? The answer is clear. In a fast on urine, the heart and kidney have to work abnormally; naturally the palpitations of heart increases. Armstrong felt that the palpitation in his first fast, undertaken without rubbing, was almost doubled. The heart has to do more work in order to assimilate urine. Massaging with urine increases the rate of blood circulation and eases the palpitation of the heart. While thinking on this subject, Armstrong struck upon the Command in the Bible, "Wash the face and head, when thou observest fast." (New Testament, VI-11) He interpreted this exhortation to mean rubbing the head, face and neck with urine! Though his interpretation is far-fetched, yet it proved to be true in actual practice. After rubbing urine on the head, face, neck and the entire body, the circulation of blood increased and the palpitation of the heart went down. Not only this but he felt himself strong enough to continue the daily routine of rubbing urine even during the later days of his long fast. In addition, his skin got sufficient nourishment and became healthy, soft and bright.

(2) **The Method of Drinking :** We generally abhor urine. People have got a strong prejudice against its taste and odour. It is worthwhile to quote here a couplet of poet Pritam, "The courageous who dive deep into the sea may get pearls and others standing ashore and looking on get nothing." Only a person who takes courage into his hands, gets rid of the disgust of urine and can drink it, can derive benefit, there is no simpler, cheaper and surer remedy for all diseases than urine. It is advisable to get accustomed to drinking urine during the days of rubbing as shown above. In the beginning it should be rubbed on teeth and used for gargling. It will accrue other benefits too; loose teeth will be strong again. After a few days of cleaning mouth, one should close his eyes and drink about four ounces of urine. There will be no difficulty in the second drink. It should be borne in mind that one should drink one's own urine only, however bad in colour, taste and smell it may be. One should not hesitate at the very sight of its appearance and strange colour; it is useful in its natural form. This fact would become more clear as he reads further the subsequent chapters of this book.

In some exceptional cases, a patient has to be given extra urine also. If a patient is unconscious or is suffering from a snake bite or is not in a position to take auto-urine, he has to be given to drink the urine of any healthy person. For instance, Armstrong met with a patient who could not pass urine. In that case he gave the patient his own urine to drink. Thus the latter was enabled to pass urine.

(3) **The Method of Fasting :** A fast on urine is essential in the case of serious and chronic diseases. Armstrong used to give his treatment by beginning with a long fast. The duration of the fast may be decided according to the condition of the patient. During the fast, one should drink every drop of urine. If a person takes only the day-time urine, he will have to increase the duration of the fast to make up the deficiency. In such a case, urine passed during night can be used for rubbing. Water also can be taken during the fast according to requirement. It should be pure and hygienic. While drinking urine, one may feel nausea. In that case, drinking should be

stopped for a while and on restoration of normal condition, the remaining urine should be taken at once. Rubbing with urine should not be missed during the fast because there would be no desired result without rubbing.

During the fast on urine, the palpitation of heart and beating of the pulse go up. One need not lose one's heart because of this. In the course of time, the movements of heart and pulse, would be automatically normal. If rubbing is continued regularly and vigorously, the palpitation will not increase too much and the patient will not feel any weakness. As the alkalies contained in food exist in their pure form in urine and provide sufficient nourishment to the patient, he cannot feel any weakness due to hunger. He gets nourishment in proportion to the urine taken in.

The urine washes out accumulated waste matter, layers of harmful toxins, the injurious substance sticking in the intestines, mucus deposited in the chest, lungs and stomach and other foreign deposits. They come out by way of vomiting, or by loose motions. There is nothing to be alarmed at these reactions. One should think that the poisons deposited in the body are thus coming out and the body is becoming more and more clean. All such actions and reactions should be viewed with a cool mind. Nature should be allowed to do her work. One should not lose heart and resort to medicines, internal or external. No medicine should be taken to suppress or remove the reaction. In case, confidence is lost in this method, other treatment should not be taken unless this treatment is already discontinued. During the urine treatment, particular caution is necessary for at least a week after breaking the fast than even during the fast. Control on diet and habits is necessary for a number of days even after the fast. Ordinarily, the fast should be broken with a sip of boiled *mung* water or juice of orange or sweet lemon. Sour lemon should not be taken. In its place boiled water of *mung* is better. Juice may be prepared from dates and black grapes but not for diabetic patients. In the evening about five-seven dates or about two ounces of grapes (seedless) may be soaked in half a pint of

water. On the following morning they may be crushed and squeezed properly. This juice should be filtered through a clean cloth before giving to the patient. At noon, the patient may be given fruit juice and in the evening juicy fruits like papaw, *chiku*, etc. The next day, the same menu may be followed at noon and in the evening in increased quantity. On the third day, he may be given the juice of orange or sweet lemon in the morning, lentil soup mixed with a pinch of salt at noon and cow's milk in the evening. Thus the diet can be increased according to the appetite and the digestion of the patient. The mouth may have a mild swelling when salt is taken after a gap of ten days or so. There is nothing to be anxious about it as it would subside by itself.

(4) The Method of Urine Pads : In the case of big boils, the wound caused by a weapon, any inflammation, burn, swelling by cancer or other eruptions, or the inflammation of the eyes, a pad of fourfold cloth soaked in urine should be placed on the affected part. The pad should be kept wet by pouring urine on it at some intervals and this may be continued for hours according to necessity. This can be applied during fast also. In this process the antibodies of urine would enter into the body and would destroy the disease from within and without. If auto-urine is insufficient, urine of a healthy man can be used for external application. But in no case urine of the opposite sex be used, i.e. a male patient should be given the urine of a healthy male only while female patient that of a healthy female only.

The Use of Natural Substances with Urine :

Experience has taught me that elements of earth, water, etc., also can be used with benefit along with urine. I would like to describe the method of using other substances along with urine.

1. The loamy clay free from stones and rubbish may be soaked in urine and be placed on the stomach, navel, head, etc.
2. Urine may be mixed with water and be used in enema.
3. Urine may be warmed before use.

4. Fomentation with hot urine.
5. Steam-bath of urine-mixed water.
6. Urine may be exposed to the rays of the sun, kept in bottles and used thereafter.
7. Bottle half-filled with urine may be shaken briskly to increase the potency of the urine.
8. Urine may be inhaled through nostrils like snuff.

The constitution, age, physique and the disease of the patient must be taken into account while applying the above methods. Similarly, other methods also can be devised but the fundamentals must always be kept in mind.

Important Warning : Sometimes it is dangerous for a patient to fast-specially for those who have low blood-pressure or who have a weak heart. Such patients should not fast. They should take light food along with drinking of urine and urine-massage. This may prolong the period of treatment but in such cases, it is essential to do so.

In short, the following procedure should be followed :

1. Treatment should be followed according to instructions.
2. No other medicine should be taken.
3. One should not be afraid, if during the treatment there is vomiting, loose stools, or skin eruptions. They are all signs of the body being cleansed.
4. Tobacco or wine should not be taken.
5. Hot food and refined sugar should not be taken.
6. White flour or its preparations should be avoided.
7. Tin-fruits or packaged food should not be taken.
8. Hand-pounded rice should be taken.
9. Pasteurized milk or Vanaspati (hydrogenated oil) should be avoided.

THE THEORY AND PRACTICE OF AUTO-URINE

A foreign qualified and experienced doctor who is a friend of mine has written the following note of my article, "Severe Pain in Urination", which I think will be interesting to readers. It is as follows :

"You had written 'urine is a germicide and being a product of the organism itself, it is harmless'; I think this statement is quite wrong as there can be no greater illusion than this."

In fact, not only my friend but practically all doctors hold this view. Nobody is prepared to exercise his brain fully. They say that the constitution of the human body is such that it consumes necessary substances and is nourished by them. Those necessary for the organism are absorbed by it and others are thrown out by way of urination and excreta. All the practitioners of modern medicine appear to be trained in the same school. Like a parrot they utter the same words while giving their opinions. They are not prepared to see reality and the facts accepted by many people all over the world. There is hardly anybody in the villages of Gujarat over the age of fifty or sixty who, in childhood, has not been made to drink his own urine by his mother for curing some ailment or the other. This practice is still prevalent in the villages of Gujarat. But medical institutions profess that the truth is confined to the books of modern medicine ! Everything else, in their opinion, is fallacious. The layman also develops the same mentality.

Allopathy is progressing day by day and its practitioners make a great deal of researches therein. In the December issue of *Science Digest* (published in U.S.A.) report of Dr. Sames of National Heart Institute, U.S.A., on the effect of urine in the case of coronary thrombosis, has been published. As compared to a tablet of nitro-glycerine, half an ounce of auto-urine gives three times more

relief to a patient of heart trouble. Allopaths had adopted a dogmatic theory that as urine is expelled from body, it is harmful and is a poison. I declare this statement as totally unsound and fallacious.

Drinking of urine has been seen to be continuously practised in the history of mankind but never has it proved harmful in any way. In different lands, followers of different religions and people belonging to different castes and creeds have been using this neutral fluid in their own way but never have they said anything against it. On the other hand, drinking of urine has been adopted as a custom in some places. There is a branch of the religious sect of Vaishnavas in Bengal where a couple is blessed by a Guru and along with other instructions, is asked to drink auto-urine every day. Whenever either of the couple suffers from some physical disease he or she is believed to have broken the vow of urine-drinking. For its atonement, both of them are required to go on a day's fast on urine only. If necessary they take plain water during the period of fast. Thus the disease in the body, if any, is completely eliminated. Such a repentance has been given the name of *Jala-kriya*.

It can well be seen now that apart from not doing any harm to the body, urine-drinking eliminates any disease and is a sure check for new ones.

Urine and dung of cow are considered sacred and are utilized without any hesitation. Is human urine in any way inferior to the urine of a cow, sheep, goat, deer or horse or even donkey ? Shri Bapalal Vaidya of Surat, declares that human urine is far better in taste and is more hygienic than cow's urine. He cured himself of eosinophilia with urine application for a period of five weeks. Then why human urine be condemned as harmful ? Thousands of patients who restored their health by urine therapy are living testimonies of the efficacy of the urine treatment. This establishes the dictum that a grain of experience is thousand times more valuable than heaps of mere theorization.

It is true that all the elements in urine are not necessarily useful.

But at the same time, they are quite harmless. Human health, in natural course, can be easily kept sound. By ill-dieting and faulty living man invites diseases. As a disease attacks the body, nutritive elements in the body are washed out, through urine. Most of it is urea. It is quite surprising that doctors condemn urine which contains most of urea and at the same time prescribed artificial urea to the patient ! Besides urea, urine also contains, traces of alkaline hormones. The doctors are ignorant about them, and so they do not try to replenish them ever artificially.

Moreover, harmful toxins in the body, due to the disease, also form part of the urine composition. But in accordance with the principle of Homoeopathy, i.e., "poison kills poison", the same antibodies taken in auto-urine kill the previous poison in the body and serve a very useful purpose. In this way urine also acts as an 'antibody' or 'antigen'. Auto-urine whatever its composition, acts as a healer for the patient.

However, I do not claim complete knowledge of the subject and am no authority on it. But I have strong faith in this therapy and after witnessing thousands of cases, I dare declare : "Auto-urine is useful to the patient. It is a fact and not a fallacy. Actually our wrong notion indeed is harmful."

DANGER-SIGNALS AND CAUTIONS

The actions and reactions during the course of urine treatment have already been mentioned along with cases. In spite of that I receive many letters asking questions about them. People go through the book without properly understanding the points clearly stated in it. That is why they repeatedly ask the same questions, though they have been already discussed in the book. So it is worth while to write about the danger-signals and cautions in this chapter. Readers are requested to go through them attentively before the commencement of the treatment.

1. After five or seven days of rubbing of urine, the patient may have itching sensation but he should not be alarmed. He should continue the rubbing and the sensation will gradually subside.
2. Sometimes the accumulated heat of the body comes out and small white pimples with red points appear on the body. The excessive heat begins to come out only after rubbing urine. It is the sign of organic purification. Pimples appear in proportion to the accumulation of heat in the body. In such a condition, urine may be rubbed on them with some bearable pressure, so that pimples get open and urine enters into them. After an hour or two the patient should take bath with lukewarm water. Soap, in no case, should be used.
3. The disease is rooted out only when the accumulated poison is eliminated. There are three exits of this poison- through mouth in the form of vomiting, through pores in the form of pimples and heat eruptions, and through the anus in the form of frequent stools. All the three reactions are possible while undergoing this treatment. The poison may come out slowly in the form of cough and cold. In that case, vomiting may not

occur. Similarly, loose motions may not occur in case accumulated toxins are eliminated in several ordinary motions. In case they are not washed out through some such way, there is every possibility of vomiting and loose motions during the period of fast. There is nothing to be worried about these reactions. Nature should be allowed to have her way; it is positively beneficial to do so. In spite of relatives persuasion, no medicine or injection should be taken to stop these reactions, because that would be extremely harmful. The reactions will subside automatically during this treatment. There is nothing to be alarmed even when there are no reactions due to one's peculiar constitution.

Sometimes, many minor troubles appear along with the main disease. I quote here a case to clarify the point. Mr. Kantilal Shah, the chief reporter of *Gujarat Samachar* (Ahmedabad) was suffering from piles. Consequently, he had fissures on the soft part of the anus and as a result, pain and burning sensation were unbearable. He resorted to this treatment and started massage with urine. He had an allergy. The rubbing on foot resulted in pimples on the face. He was alarmed and telephoned me. I advised him to stop the rubbing and continue drinking urine twice or thrice a day. The pimples disappeared in a week but the allergy continued. This is a disease caused by constipation which also could be got rid of. I advised him to continue the drinking of urine and he followed my instructions. Consequently, the toxins accumulated in his system were eliminated. His bowels were cleared and he experienced a light body. At the same time, the allergy also disappeared.

Shri Shamalbhai, the organizer of Gram-Rakshak Dal in the Kaira district got itching on the nose and it became red. He began the urine treatment. He had itching on the whole body along with acute allergy. In addition, he had diabetes also. He did not care for all these troubles and began the treatment without taking instructions. He was accustomed to taking saccharine in tea and he continued the same during the urine treatment and kept no control over his diet. In

three days, his whole body became allergic in addition to having pimples. In this condition, he informed me from Borsad. I advised him to have patience and not to take any medicine or injection. He was further advised to rub urine with pressure. He did accordingly and he got relief in two days though after suffering a great deal. Urine is a natural complex chemical substance and saccharine is a chemical compound. No homogeneity is possible between such mutually contradictory substances.

The above two examples are sufficient to caution the patients adopting the urine therapy.

Important Precautions :

1. Utilize urine only scientifically as shown in the foregoing chapters.
2. Do not use any medicine during urine treatment.
3. Do not get alarmed by the reactions like vomiting, loose motions, etc., during urine treatment.
4. Start urine treatment only after giving up habits like smoking, snuffing, wine-drinking and at least these habits must be well controlled.
5. Give up use of condiments at least during the urine treatment.
6. Eschew white sugar as far as possible and utilize treacle instead.
7. Give up white flour and its preparations.
8. Do not utilize tinned food and fruits.
9. Do not use polished rice and use hand-pounded rice as far as possible.
10. Do not use pasteurized milk.
11. Do not use vegetable ghee.
12. Do not eat too sour, too pungent and too salty foods.

PART II
REVIVAL
OF
URINE THERAPY

(Summary of "Water of Life" by Armstrong)

CHAPTER I

MR. ARMSTRONG AND REVIVAL OF URINE THERAPY

We do not know much about the life of J. W. Armstrong who revived urine therapy. He was not for publicity. Urine therapy appeared to him very useful. He applied it first to himself and then cured thousands of patients thereby. He was not eager to publish his experiments, but on insistence of his friends, he prepared the book, *Water of life* which gives an account of extremely serious and complicated cases in a brief and clear style. In order to grasp his ideas the book should be read repeatedly and thoroughly. He has cured thousands of patients with urine therapy. The disease of leprosy is generally absent from England. Natural he did not get any chance to handle this disease but he has treated all types of other diseases with wonderful success. His parents came from an ordinary family. In his book, he has mentioned his father curing the ailments of cow, horse, dog and other animals with the application of their own urine. He took up this therapy, not as a profession but as a hobby. In India, we use a bamboo-pipe to give doses of urine by inserting it into the mouth of the animals but he did this with a horn. Armstrong has given a vivid description of the treatment of birds and animals by narrating the experiences of his father. The conditions in which an ordinary person like Armstrong initiated this therapy and the measure of his success give us an idea of his strong religious belief, moral courage, patience, equilibrium of mind, unshakable faith in Nature, absence of a desire for wealth and fame, altruistic bent of mind and other noble qualities. The sound common sense couched in his writing can be seen on every page of his book. He experimented on his own body and cured himself of tuberculosis of the third stage. A description of his experiments is given below in his own words :

"Although I should prefer to avoid the first personal pronoun, it is not possible to do so in the circumstances if I am to carry

conviction. For, as already implied, one ounce of experience outweighs a ton of arguments.

"My first patient was myself. It happened in this way. During last war, at the age of thirty-four I presented myself for medical examination under what was called the Derby Scheme, and was rejected by four examining doctors on the grounds that I was consumptive. Moreover, I was urged to put myself under the care of a physician. Consequently, I consulted a specialist. He, however, considered my condition as not serious, he told me it was more a catarrhal case and advised plenty of fresh air, sunshine and nourishing diet. I followed his advice and in one year put on two lb. of weight. Nevertheless, not being satisfied with my condition I consulted another specialist who informed me that both my lungs were affected and despite what the previous specialist had said, I was consumptive and must keep up my strength on a diet rich in sugars and starches. Finally, diabetes set in and I was placed on an entirely new and drastic regime which consisted of fasting on six glasses of cold water (sipped) every day for four days of every week whilst on the fifth and the two following days, was permitted a restricted diet to whet my appetite, not to mention the fact that I was enjoined to chew every morsel of it to such a degree that it only produced a very sore mouth, aching teeth, swollen gums and swollen tongue. In addition to these discomforts, I was afflicted with insomnia, frayed nerves and great irritability of temper. The regime was continued for sixteen weeks without a break, and although it resulted in the disappearance of my cough and catarrhal conditions and also of painful sciatica from which I had suffered, nonetheless the cure seemed more unpleasant to me than the disease. The final upshot was that after two years of this treatment. I lost faith in doctors and began series of ventures on my own, although much against their advice.

"I will not prolong this story by giving all the details. Suffice it to say, there came a moment when feeling weak and ill, I recalled the texts in Command V of the Holy Bible, which runs, 'Drink waters of

thine own cistern', a text which in its turn, reminded me of the case of a young girl whose father gave her own urine to drink when she was suffering from diphtheria with the result that he cured her in three days. Other cases also came to my mind (jaundice was one) which had been cured by the same means. Nor was this all; I remembered that the doctor had told me that lungs had been damaged, after examining my urine. Thereupon I asked him in my then innocence: 'If I am losing vital tissues and sugar through my urine, then why not drink the urine and replace these elements in that way?' to which he had replied that the organs could not assimilate dead matter of urine. This, however, as I have proved since, was nothing but a theoretical fallacy.

"And here to digress for a moment. I grant that it is unwise dogmatically to assert that any given text of scripture means only this or that, for other people may read into the Bible some other interpretation. Nevertheless, I believed and still believe that the texts I have quoted, and many others also bear reference to that vital fluid which is within our bodies; and believing it I acted in accordance to that belief to find in the end that it proved to be my physical salvation. Fortified by my faith, in what I thought to be the correct interpretation of the text, I fasted for forty-five days on nothing but urine and tap water and this, despite the doctors' assertion that eleven days without food was the limit to which a human being could go. I also rubbed urine on my body- a very important factor in the cure with which I shall deal in Chapter XVII. I finally broke my fast and though it gave me no discomfort beyond a ravenous hunger, I nevertheless ate cautiously for a time and continued to drink my own urine, noticing that its changes in temperature, quantity, taste, etc., depended almost entirely on what I ate or drank, and the amount of exercise I took.

"At the end of the treatment I felt that I was an entirely new man. I weighed 140 lb.; I was full of vim, looked about eleven years younger than actually I was and had my skin like that of a young girl. I was thirty-six at the time and am now over sixty. Yet by

practice of drinking of every drop of water I passed, living on a well balanced diet and never eating more than absolutely I required, I look and feel much younger than most men of my age and keep free from those major and minor ailments to which the body is said to be heir.

"Having now related the essential details of my self-cure from T.B. and all that contributed to the result, I will merely add that being convinced that knowledge must not be selfishly 'hidden under a bushel', but should be shared with one's fellows, I began to advise and supervise the fasting of others on the same lines. The rest of the book is therefore largely devoted to results obtained on those suffering from a variety of diseases including medically diagnosed cases of cancer, Bright's disease, gangrene, and many others which from the orthodox stand-point are labelled incurable."

CHAPTER II GENGRENE

According to medical science, gangrene is an incurable disease. This is a fatal disease and the patient can escape death in rare cases only. The roots of this disease are very deep. In case, the toe is affected, the patient cannot be regarded as safe merely by cutting it off. Even when the affected part is removed, the decay advances further and further and becomes incurable. This fatal disease may set on as a result of a number of other diseases. It may develop even from an inoculation against the smallpox, or from paralysis, diabetes, a wound caused by falling of a heavy weight, anemia, or the deficiency of red-corpuscles. As injured part of the body worsened by some internal disease is prone to gangrene. A T.B. patient sometimes falls pray to it. A burn caused by boiling oil or liquid or acid, may be affected by gangrene.

Though declared as incurable by Allopathy, Armstrong has

cured a number of gangrene patients with urine treatment. So a brief account of his experiments would certainly be interesting.

Armstrong was first approached by a woman patient of gangrene in 1920. Her age was 53 years. She had been treated by a well-known doctor of Bradford who was also a dietician. The woman suffered from anaemia; her lungs were also badly affected, one leg was almost dead and patches of different size were visible on both the legs. The eyes were jaundiced, the colour had become pale like that of a Eurasian lady. Armstrong was first reluctant to take up her case as in his opinion she required a treatment of more than two and half months, but at last, he undertook her treatment. The experiment was so successful that Armstrong himself was amazed and came to realize that gangrene was not incurable as considered generally in Allopathy. The patient fasted on urine and tap water. In addition, urine was rubbed on her entire body along with pads on the affected parts. In ten days intestines and kidneys resumed their regular functions. In the beginning the number of patches increased but their pain was reduced. Breathing became regular and easier. Sleep was sounder and the leg become normal in eighteen days of fasting. The application of urine renovated the skin so that there was no sign of a single patch.

As soon as the above patient was discharged after complete cure, another came in. She was a woman of forty years. Her right leg was so septic that doctors had advised her to get it out off. The disease started two years ago with a swelling on the ankle. She tried various systems and doctors but the disease went from bad to worse. She was suffering also from constipation, piles, eczema and sleeplessness. The dead part of the leg had become hollow in places. In spite of so many troubles, she did not lose heart and agreed to fast on urine. After the fast on urine for five days her wounds were found in the process of healing and the skin was softer. The mouth trouble disappeared the very next day. After sleeplessness of several weeks, she got a sound sleep on the third day. After a week, her intestines and kidneys began to function properly. The poles were cured.

GROWTHS AND CANCER

There are several types of cancers. It affects various parts of the body, and is considered an incurable and dangerous disease. Its tumour grows, within the body, known as 'growht', which appears as swelling outside the body. But all the swellings on the body are not malignant. Cancer means sure death. According to the doctors, growth or cancer develops due to the deficiency of natural alkalies in the diet. In 1912, the late Dr. F. Forbers Ross of London, a fully qualified physician, wrote a book, *Cancer-Its Genesis and Treatment*. On the basis of 22 years' practice, he had come to the conclusion that malignancy and other growths are due to a diet deficiency in natural salts especially potash. By putting patients on a more balanced diet and administering potash salts in an assimilable form, he cured a large number of cases of this dreaded disease. But the orthodox doctors with vested interest, say that cancer can be treated only by the knife or radium ! Even thirty per cent of cancer patients are not cured by knife or radium. This fact is established by the researches of late Dr. Rabagliati of Bradford. He operated on about five hundred patients for growth and had to admit at last that rarely had any patient survived after operating for cancer and growth.

Armstrong refers to an experienced nurse in his book. She had nursed over fifty cases of cancer and growth in the course of her profession. Before long, she herself developed malignant growth. Doctor wanted to perform an operation but she refused to submit to the knife. She had witnessed that however painful a growth may be before an operation, the pain is comparatively milder than when the cancer recurs after operation. The tumour of cancer redevelops with an increased pain. There are many cases in which after the operation of cancer in certain part, it developed in another part and when operated even there, it developed in a third place. The pain

goes on increasing each time. The conventional treatment of cancer has been proved an utter failure, even than, no other treatment is recognized in the medical world. This is very deplorable. The centres of cancer research are not prepared to accept the successful findings outside the surgical field. Many modern physicians are dissatisfied with this state of affairs. This is mentioned only to throw some light on the present state of treatment of this pernicious disease.

No diagnosis of the disease is necessary in urine treatment because urine is not a medicine for a particular disease but is a means to regain health. The patients disappointed at the diagnosis of cancer by doctors used to come to Armstrong. They were prescribed urine methods as were prescribed to any other patients and were fully cured. In spite of various difficulties, Armstrong successfully treated some patients who were declared incurable.

Mrs. R., aged forty years (1923), was pale and emaciated. Her height and weight were below normal. She had lumps about the size of a hen's egg in both of her breasts. Late doctor Rabagliati diagnosed the tumour as cancerous and urged for an immediate operation to which she firmly refused. She fasted on urine and drank about 7 lb. of water daily along with it. Her husband rubbed her from head to foot with his own urine for two hours a day. Packs soaked in urine were placed over both her breasts day and night. Within ten days she was cured. She returned to the doctor Rabagliati on the twelfth day after her last visit to him and he could not find even a trace of abnormality on her breasts. Anemia also vanished and perfect health was restored.

In 1925, a middle-aged woman had a growth visible near armpit. Two surgeons advised her operation. Her daughter requested them to allow the patient a few days of rest so that she may develop stamina to undergo operation. Her request was accepted. After a week, arrangements were made for operation in a hospital. The daughter had derived much benefit herself from urine treatment and so she persuaded her mother to give the treatment a

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trial in the interim period. In five days, not a trace of the growth was left. Two days before the patient's appointment at the hospital for operation the family doctor called in. He was indignant at having his advice and arrangements flouted in this 'careless' manner. But when having thoroughly examined the patient, he found her condition entirely normal, he could say nothing. Subsequently, he called in his colleagues who were to operate her. They too were greatly astonished. The woman was alive with sound health when this book was written in 1944.

The author has mentioned the case of another woman just to show that operation cannot uproot the disease. That woman came to him in 1927. She was forty-five, stout and had growth of some size in her left breast, the right having been operated two years before for a similar growth. She disliked second operation. With a fast on urine for 19 days along with rubbing, the growth disappeared altogether. The fast was continued further to reduce her obesity. After 28 days she was examined. Not a trace of growth was to be found. The extra-fat had vanished and she appeared young and beautiful like a maiden.

The case of one more patient deserves mention. It shows that the urine treatment can cure a number of complaints which have no apparent connection with one another. The young lady had a swollen right breast near the centre where a nasty lump was present. There were two large ulcers under the armpit. She had been asked by the family doctor to enter the hospital for examination prior to surgery. But she declined, remembering that her mother had been operated for a similar growth on the advice of the same doctor and had to be buried subsequently. Moreover, she herself, having suffered from chronic peritonitis had her appendix excised, without any relief. She started fasting on urine but had to break it at the interference of relatives. Nevertheless, firm in her resolution she convinced them and resumed the fast after three days which continued for 19 days. There was marked improvement within 10 days and on the 19th day no trace of the painful agony was to be

seen on her breast or in the armpit. But the trouble of peritonitis continued due to appendix having been excised. So, a little later, the courageous lady, fasted for 35 days and achieved the desired result.

This case history shows that nature is a far more efficacious healer than are so-called scientific methods which involve mutilation. The author advises without any hesitation urine treatment for all sorts of suspicious growth on any part of the body. But if this treatment is adopted at the eleventh hour, one may have to pay the penalty for delay.

A young man aged twenty-eight was diagnosed as either having the cancer of the gullet or venereal disease. He could live only three more days ! That was the doctors' verdict. He was completely cured by urine treatment. The patient lived for a number of years thereafter.

An old lady of sixty-two, when diagnosed was found to have the cancer of bowels. She refused operation advised by the doctors. Her weight was under 84 lb. and it was rapidly decreasing. She was cured by urine treatment in three weeks and lived a long life of over 84 years.

A middle-aged lady of forty-two years had a cancer of breast. Doctors strongly advised her excision, but was given only a faint hope of cure. The patient refused operation. There was complete cure by fasting on urine and she lived 21 years thereafter.

Another middle-aged woman developed rope - cancer in 1935. Surgeons pressed for immediate operation but offered no hope of a permanent cure. She was cured by the urine fast, etc., in 20 days. Not only was she cured but looked younger and beautiful.

A reference has already been made to late Dr. Rabagliati. Armstrong holds him as a simple, enlightened and broad-minded physician. When he himself observed that a good number of patients suffering from growth and cancer were cured by urine treatment completely and even in a short time, he openly made a very

favourable statement :

"I have examined a number of women who according to orthodox treatment would have been operated and got one or both of their breasts removed. These brave and fortunate mortals disregarding my advice, took to urine therapy. When they consulted me again, did not find, even a scar to suggest the healing of 'incurable malignant growth.' Some of them found lumps disappeared within a fortnight and others even in four days. Thus I think, Mr. Armstrong is probably correct in his suggestion that most of these lumps are not malignant until after surgical and drug interference in the incipient stages. The so-called king of terrible diseases can be easily uprooted if tackled promptly in the right way in the preliminary state. So the proper treatment is of fusing boils, ulcers, tumours and cancers into the blood stream.

"If a layman claims to have cured thousands of patients with this treatment, fellow doctors are not at all impressed and if he claims cure of patients of cancer, he is either openly ridiculed or ignored. It is a sad reflection that my profession thrives on disease and inhuman propaganda of official scaremongering and exploitation."

CHAPTER IV BRIGHT'S DISEASE

Bright's disease is defined as a morbid condition of the kidneys. Dropsy is one of the several forms of such acute and chronic disease of the kidney. Among its causes are intoxicants, stimulants, effects of poisonous fevers like scarlet fever and exposure to wet and cold. It is also caused by a diet deficient in alkalies.

A good number of patients of Bright's disease have been cured by the urine treatment. In his book, Armstrong refers to a number of patients declared by doctors as hopeless and or to live no longer than only a few days !

Mrs. C. aged forty years was declared by doctors to live no more than two days ! Breathing was difficult. Urine was scanty. Her normal weight should have been 144 lb. but she weighed roughly 280 lb. after the commencement of the disease. In spite of the doctors' hopeless verdict for her, Armstrong did not get disheartened thought her physical condition was very serious and painful. In the first instance, she passed 2 oz. of urine. It was smelling, warm, thick, cloudy and with a mixture of blood and pus. Its drinking was so effective that the patient passed 200 oz. of urine in the next 24 hours. It is wonderful that when taken internally urine has the unique power to uproot and expel from the body accumulations of poisonous matter in any part of the system. Gradually her urine became normal, tasteless and odourless.

In addition to urine, Mrs. C. used to sip 108 oz. of tap water. In 24 hours, after the third day, she was not troubled by thirst. From the fourth day onward all anxiety vanished on the 23rd day of her fast a little carrot juice flavoured with lemon was given to the patient on the request of her nurses. The reaction was terrible. Within two hours, a rash appeared on each arm and there was much irritation. At the same time, the flow of urine was impeded and swelling appeared on the abdomen. At once pads of urine of one of the nurses were placed over the abdomen and both the arms were gently rubbed with same fluid. For hours, the abdomen absorbed the moisture from the urine pads and the flow of urine restarted. Gradually, the patient recovered.

Mrs. C. was, therefore, rubbed twice a day with urine of one of her nurses. By the 48th day, the patient had recovered so much that she broke the fast with orange juice the next day. After one week she weighed 119 lb. and was on her feet walking the room. Although recovered she continued to drink and massage with her own urine. All this resulted in a wonderful change in skin, hair and complexion and general appearance.

Mrs. C.'s case attracted the attention of the people at large. They are generally unstable in their opinion. When a thoughtful person a

chronic patient that he can be cured by urine treatment, the patient readily agrees and then at once goes to a doctor for consultation ! How can a professional agree to such a proposition ! With this mentality they neither understand the seriousness of problems nor do they try to apply this therapy. Selfless workers are, therefore, needed for the revival of this forgotten science of urine therapy; they can only actively work to propagate this priceless and sure treatment among the poor patients. Only then can the common people adopt it.

The case of Mrs. C. gained such popularity that a good number of similar patients came to Armstrong. Out of them, two cases are worth mentioning. Mr. B. had been diagnosed as a patient of Bright's disease. When he came to Armstrong in 1920, he had already been treated by two doctors for some time during which his weight had increased from 280 lb. to 420 lb. In June 1920, he began fast which lasted for 49 days. By the fourth day of his fast, he was passing urine as clear and tasteless as rain-water. The swelling of his body began to diminish with an astonishing rapidity. At the end of seven weeks his anaemia had disappeared. He now weighed 105 lb. instead of 420 lb. and appeared young and healthy. Like Mrs. C. he too became an ardent devotee of urine therapy. He gave up his over eating and other bad habits and began taking restricted, proper and balanced diet.

A man of sixty, after two years' of constant medical supervision and treatment for heart trouble, developed Bright's disease. Finally given up as a hopeless case by his two doctors, he went to a specialist. His condition was extremely serious at that time. The eyes were bulging out tongue was dreadfully swollen and protruding from the mouth, and his lips had swollen to three times the normal size. Even the specialists declaring the case as hopeless said that nothing more could be done. In such a condition Armstrong undertook the case. The patient passed 40 pints. i.e. 50 lb. of urine within five days. His health was completely restored and he resumed his business in six weeks.

CHAPTER V

HEART-DISEASE

The physicians hold that the patients of heartdisease can with care and a well-balanced diet live till ninety, but cannot get rid of the disease as it is incurable. Armstrong has proved with his experiences that urine therapy can completely cure the disease.

Mr. P. was a middle-aged man. He was undergoing medical treatment for his heart trouble for a year and was about to undergo an operation of the solar plexus. His condition was so serious that he fainted quite often. Lately he suffered from these attacks so frequently that he came to be known in the vicinity as 'poor Mr.P.'

In such a condition, he approached Armstrong. In the beginning he felt disgust for urine and hesitated but soon this feeling vanished. He was also told about the method of rubbing urine and Armstrong with his own urine, rubbed him for about two hours.

Thereafter Mr. P. was given a bath with warm water. The same treatment was continued the next day. He felt so well that he gave up the idea of entering nursing home for operation. He was given a simple and light diet only once. After one month of treatment he was so well improved that he was able to return to his business. In twelve weeks he attained complete health. Neither a sign of heart-disease nor that of suspicious lump in the solar plexus was felt. His former doctor cheerfully and ungrudgingly admitted the truth of his recovery by urine treatment. Not once since the day he began the treatment, did Mr. P. have the heart attack. So little did he fear a recurrence that he consigned his drug-tablets to flames !

One notable patient of heart-disease was cured by the urine treatment. This patient was not treated by Armstrong but by a naturopath. The patient, Mr. R. was also a patient of dropsy along with heart - disease. His feet, legs and abdomen were much swollen. His heart was much dilated. Doctor took a serious view of

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this case and opined that the patient had only a month to live ! He was then induced to try treatment in a well-known naturopathic establishment. The treatment however proved so unsuccessful and the patient was in such critical condition that he was requested to leave it as it was feared that he would die within a fortnight. Mr. R. then visited a courageous naturopath, Mr. Oliver Warnock Fielden of Harrow, who eventually cured him by urine therapy in six weeks. During the fast, his weight was reduced from 168 lb. to 110 lb. Mr. R. had been a heavy smoker and contrary to instructions, continued smoking in a measure during the fasting period and this delayed his cure. Needless to say, his former doctor was extremely surprised at his recovery.

Armstrong writes that poisonous injections and vaccines produce a number of permanent diseases and heart-disease is one of them. He remarks, too, that many people dare not do anything unconventional such as drinking one's own urine for fear of criticism by the society. Their fears can well be understood but truly speaking they are baseless and are quite obstructive in the spread of urine therapy.

CHAPTER VI

FEVERS

There are many types of fevers. The attack of fever deserves a welcome ! The fever of the body is an attempt on the part of nature to eliminate poison accumulated in the body. It should be cured with natural treatment. It is wrong to stop fever at once with the whip of medicine. It should be allowed to do its function and when its work is over, it should be removed by proper means. That method is fast.

Doctors prescribe strong medicines and give injections. As a result fever subsides temporarily and the patient feels immediate

relief. But after a few days, fever reappears in the form of serious diseases. All this is due to the poisons permented throughout the body on account of having taken medicines and injections.

There are so many instances where simple fever has been cured by a short fast without taking any injections or doses, whereas simple fevers become serious and acute by taking strong medicines.

A few cases of fever cured with urine treatment by Armstrong are worth noting.

A young lady of seventeen was stricken with fever. She was very weak. Her temperature was 105° F. One M.D. physician was called in. He said that if recovery took place at all, the victim would be ill for six months and then would take further nine months for convalescence. Patient's father believed in urine therapy; so Armstrong was called in. At first, Armstrong found the patient difficult to deal with. But the patient finally consented to a fast on urine and plain water. This was the sixth day of her fever, here temperature had remained 105° F., and she rapidly emaciated. Her urine was thick, foul and concentrated. But 24 hours after starting urine treatment, the temperature came down to 101° F. and the urine was clear. In three days the temperature went down to 99° F. and in five days to 97° F. Doctors were much puzzled by such magic cure. Fast was broken at the end of 18 days. The patient's skin was as tender as that of a tender child. Within a few days of breaking the fast, she was up and doing her work feeling perfectly well. She continued taking her own urine and maintained her health. Some years after she married and became a mother.

Malaria : This is considered an infectious disease characterized by paroxysms of intermittent fever. All forms of malaria are due to parasites living in the blood injected by mosquitoes. Quinine is thought to be the only remedy for malaria. But actually it only suppresses malaria which getting a chance revives again. Thus its total eradication is not possible with such medicines. Armstrong says that by urine therapy it is cured once and for all. He claims that

he never had a case which did not clear up in ten days.

Mr. Q. was an athlete. He was very temperate and moderate eater. He was attacked by malaria in the far East. In 1920 when he visited Armstrong he had suffered from it for the preceding three years and had 36 attacks during that period. He regularly took quinine. Finally, he cured himself completely with a fast on urine and water for ten days. He kept himself in fine health by his temperate habits and freely partaking of 'the water of life.'

Black Water Fever : An army major lay in an African jungle in a state of delirium due to black water fever (a fever in which urine is of the black colour). The natives induced him to apply pads of urine on his body. He was also made to fast for ten days as a result of which he was completely cured. Mr. Armstrong mentions that he is not the discoverer of urine therapy. This practice is in vogue since ancient times and in far off lands all over the world. He has only re-discovered it.

Armstrong, on the basis of his experiences, claims that with urine therapy he never failed in lowering the temperature of any fever-patient within 36 to 72 hours and curing him within a few days. Whatever type of fever the patient had and however high his temperature, urine therapy, rationally followed, is the only sure remedy. The urine treatment has been proved successful in diphtheria (swelling of the trachea), chicken-pox, scarlet fever and other acute disorders where temperature is high.

CHAPTER VII

ORCHITIS

Orchitis is the most agonising complaint in which testicles swell and sometimes have ulcers. It may be caused by injury, gonorrhoea or may occur during an attack of mumps.

A young man of nineteen became a victim of the disease. The doctor who was called in took a very serious view of this case. The patient, then, came to Armstrong. His bowels had not functioned for a week; so also his kidney did not work for 72 hours. One side of his body was so much swollen as though half a football had been inserted under the flesh ! His testicles were as large as tennis balls; and the penis was elongated and was as solid as lead-pencil, twisted round like a corkscrew and had turned black. The victim's groans and writhings in agony were heartrending. Although for three days he had not taken anything except plain water, the swelling and distortion had increased. As he was unable to pass urine, Armstrong was obliged to give him his urine to take.

Two hours after the first draught, the penis appeared a little normal and some urine drops came out. About 2 oz. of urine passed in this way. It was thick, muddy and as concentrated as gruel. Nevertheless, he drank it without a grimace or a murmur. Four hours later, he passed nearly a pint of the same ugly looking and smelling urine, which he drank without making a long face. The acids of the stomach had so much deposited on the tongue that the patient did not feel any taste of such urine.

Two hours later, the patient had a very copious and offensive stools, the equal of which Armstrong had not seen in his 27 years' experience ! During the evacuation, some urine was passed which the patient drank subsequently. He was now nearly free from pain, eight hours after he had taken the first draught of urine. Pads soaked in old urine were placed on his chest, abdomen and head and his

feet and hands were wrapped in the same way. He passed more and more urine and drank every drop of it. His bowels responded to the treatment and worked freely and painlessly. The evacuations were now clear. On the fourth day, he passed 22 pints of urine in 24 hours, all of which he drank. In this way, considerable improvement had taken place when came a set-back. Armstrong had to go out of station. In his absence, a friendly doctor induced the patient to take a table-spoonful of grounded wheat in water. The result was disastrous. The flow of urine ceased and in 16 hours all the previous symptoms reappeared, though in a slightly less aggravated form. There was nothing else but to repeat the treatment over again. The patient finally broke his fast of 16 days with orange juice. For one week, he was kept on simple, light and digestible food. Then the patient was back at his work completely cured.

When Armstrong wrote this book that young man was 40. He lived on a well-balanced diet, drank his own urine and enjoyed perfect health.

The late Dr. Rabagliati was so impressed by this case that he wrote and sent a detailed account of it to four medical journals in England and U.S.A. Not one of them published it ! Vested interests display the same mentality in every field ! The world can see the new light only when this mentality changes.

CHAPTER VIII

THE TREATMENT OF BURNS & WOUNDS

It was Armstrong's good fortune to prove that urine could cure even serious wounds. In an accident, Armstrong suffered a grave laceration and injury to his toes, ankle and foot. The toes forced back into the fleshy part of the foot and the toenails were torn off. Naturally the shock and pain were very severe. All the same, he

rejected the help of a medical friend as he was resolved to prove the effects of urine treatment on the wounds. After having the portions of his foot put into place by some osteopath, he fasted for four days on urine and water and applied pads saturated in his own Urine to the affected parts. These bandages were kept moist by repeated soakings. On the fifth day when the bandages were finally removed, the results were astonishing. All the traces of the injury had disappeared and the feet were healthy and supple.

Wounds of persons by accidents or otherwise not healing under medical or other treatment and for which amputation was the only suggestion by doctors, were headed by Armstrong by urine therapy.

In 1918, a youth came to him. He had received a bullet shot in the arm an year ago. The wound was about ten inches in length and about half an inch in width. He used to visit a local dispensary every week but there was no improvement. At times, the wound was ulcerous and suppurating. His medical advisers were afraid that it might ultimately turn gangrenous. So they applied poisonous ointments and dressings. Having got sick of orthodox methods, the patient resorted to other treatments from which he derived some benefit but the wound would not heal. In spite of objections from his wife, he eventually went to Armstrong. All the dressings were first removed. His wounded arm was then washed three times a day with old urine. Along with it, the rest of the body was given gentle massage for a long period with old urine. The patient fasted for three days on his own urine and water. Short spells of sun-bath were given. At the end of seven more days nothing remained of the fissure except a very faint scar as thin as a golden thread.

Since that cure scores of such patients came to Armstrong and were healed miraculously. Armstrong on the basis of his experiments, claims that cases of simple and poisoned wounds treated at once take four to six days to heal whilst those first medically treated and almost rendered gangrenous, take from ten to twenty days to heal by urine therapy.

Burns : The statistics of cases of burning in America is worth nothing. In a given year about eight thousand of them almost half the number of which were children under five, died of burns. Thousands of others who survived the effects of burns, were destined to suffer from unsightly scars. For years, the burns were treated with boiled tea-leaves. In 1925, one doctor extracted tannic acid from tea-leaves and the same was applied for treatment of burns. Thus the treatment was rendered more scientific but the problem of scars was not solved.

Tannic acid was then replaced by picric acid. Later the surgeons tried surgical methods. They took healthy skin from another part of the body, usually the buttocks, and grafted it on to the burnt portions. But sometimes, the wound left by the removal of the healthy skin turned septic and consequently the patient suffered considerable pain. Armstrong had to say that in such cases surgery was misused as they could have been treated successfully with natural means like urine therapy.

Armstrong has given an important extract from a letter to him by Doctor George. S. Cotton : "Your literature regarding urine therapy was received here. I have put the urine therapy to the test and the results have been astonishing. In the treatment of burns, wounds, etc., urine therapy cannot be beaten by any other treatment. It appears to me that you are furthering a great truth which should be broadcast to the suffering humanity."

CHAPTER IX

SOME MISCELLANEOUS CASES

It is self-deception to consider any disease as a minor one. No disease is minor. In case a disease is not traced at once, gradually it takes a serious form and sometimes turns fatal. The urine therapy is equally efficacious in minor cases as in those of serious nature.

Armstrong gives a detailed account of such small or serious diseases successfully cured with urine treatment.

1. Menstruation Trouble : A woman suffered from too prolonged and too frequent menstruation. She first tried allopathy but with no avail. Then she tried herbalism from which though she obtained partial relief, was physically weakened. Once she had her monthly course for as long as a fortnight. She decided to try urine therapy. Although at first her urine was heavily charged with menstrual blood, she was nevertheless heroic enough to take it. Within three days, the urine became normal. She continued the fast for 28 days, during which she was rubbed with urine of a healthy person for several hours every day. The result was a complete cure, not only of the menstrual trouble but also of long standing catarrh and increasing tendency to deafness.

2. Nephritis : A young woman was a patient of nephritis with other distressing symptoms. For several weeks, she had been under the treatment of two doctors. At last, she visited a specialist who told her mother that the case was hopeless one. The patient was then brought to Armstrong. To encourage and induce her to take urine, Armstrong went so far as to drink himself a little of that offensive looking fluid that she passed. After a fast of 30 days on urine and cold water and daily rubbings, the patient was cured of her grievous complaint. Never did any other malady develop subsequently. When she came to Armstrong she weighed 106 lb. For four months after the cure, she continued to use urine internally and externally along with a balanced diet twice a day. As a result she weighed 136 lb. which would be the normal weight for a woman of her height and build.

3. Obesity : A married lady aged 30 weighed 174 lb. She was childless. Though she lived on an ill-balanced diet, she was not a glutton. She masticated her food properly and drank water after or in-between the meals only. Previously she had tried various alterations in her diet but without any effect. She had fasted on plain water only but as soon as she would resume food, her weight would

increase even more rapidly than prior to the fast. Finally she consulted Armstrong. With his advice, she fasted on urine and water for 14 days with daily rubbings. As a result, her weight dropped to 140 lb. She then started taking a well-balanced diet twice a day only. By dint of living in this way and taking her own urine daily, her weight remained about 150 lb. and although she past 50, she appeared about 33 only.

4. An Interesting Case : A male patient about 58, had been in a hospital for several weeks for observation and treatment. At the end of the term, his case was declared incurable and he was advised to keep in touch with his local doctor. He was given a special drug for digestion to take whenever necessary. At the request of one of his patients, Armstrong agreed to treat him. He could see that if the patient was to die, it might not be due to the disease so much as due to the powerful poisonous drugs that were given to him. His eye-balls were much dilated. He was thin but not to the extent of emaciation. He was a careful eater and was regular in his habits. He had never been subject to colds and never suffered from constipation or diarrhoea. His only vice had been the use of snuff but he had discontinued the habit for one year. Armstrong examined the patient for a few minutes only and water with his own urine. He and his wife were further told not to get alarmed if any actions or reactions start during the fast. His stools and vomits were to be kept for the inspection of Armstrong.

The patient began with urine treatment. The vomiting started 24 hours after he had taken his first draught of urine. Two large buckets were filled with the foul matter he had vomited. There was great looseness of the bowels and much catarrhal discharge from the nose. In fact, he was obliged to use a dozen handkerchiefs which were not only soiled with ropy mucus but also with snuff. The fast was continued and in a week, all discharge ceased. The fast was broken in 10 days and the patient was cured, (In 1944 at the time of writing the book) he was over 70.

This case is very interesting as it serves to show that with urine

therapy, it is quite unnecessary to diagnose the disease in order to treat it. It is further interesting as it shows that a foreign matter, snuff in this case, remains deposited in the tissues for months after its inhaling had been discontinued.

5. Janudice : Jaundice is merely a symptom of some chronic or acute affection of the liver and is not a disease in itself. In 1919, Armstrong had his first and most difficult case of jaundice. At that time, he had hardly started his career as a urine therapist. This case took 10 days to clear up with a fast on urine and tap water. Armstrong did not have a chance to treat many cases of jaundice but in those he did, he noticed the remarkable fact that discolouration of the skin began during the very first two or three days of the fast and at the end gave place to a colour as fresh and healthy as the complexion of a dairy-mind. Eight to ten days usually suffice to clear up a case of jaundice provided it is not complicated with the cancer of the liver.

6. Cataract : The law in England allows only a certified doctor to operate cataract. If any layman does so, it is an offence.

Armstrong was not a qualified doctor. So in such a case, how could he operate cataract ? But in urine therapy, there is not room for knife. The urine therapy could cure cataract without operation. In this treatment, there is no need even to touch the eye. Therefore, all the diseases of the eye, i.e. inflammation, lowering of the vision and other troubles are due to some deficiency in the body. Armstrong claims that 10 days' urine fast is sufficient to dissolve the film that forms on the iris of the eye. The longest period required may be 28 days of fast.

7. Diseased Kidneys : Mr. G. D. had a diseased right kidney and was in great trouble. The urine was blood-red in colour. The X-ray had revealed a large stone in the kidney. The surgeons were of the opinion that if the diseased kidney was not removed, it would be a danger to life. In such a condition Mr. G. D. was admitted to a hospital in 1944 but he refused to be operated. At last,

he came to Armstrong and according to his suggestion, started fasting on urine and water. Within a few weeks, his condition was much improved. There was no pain and the urine was of normal colour. After three months, Mr. G. D. returned to the hospital for examination and he was told that there was nothing wrong with his kidney. The X-ray gave, again, a clear proof of healthy kidney without a trace of the stone.

Armstrong cured a good number of patients of various acute disease, the detailed account of which is given in his book, *The Water of Life*. The brief account of his book should serve the reader's purpose. He who wants a full account, should read the original book.

PART III
URINE THERAPY
ON
THE SUCCESSFUL TEST OF THE COMMON
PEOPLE

CHAPTER I

EXPERIMENT ON SELF

I came to know of urine therapy during my own ailment. I read the book on this new system and deliberated on it. But I felt that mere reading or writing or preaching has no value.

I had gone to Mount Abu for rest in the summer of 1954. There I had the first attack of asthma. The heart failed to perform its proper function due to weakness. Consequently, the trachea got filled with water and my heart began to pant like an engine causing further weakness. Wrong habits, intemperate living or irregularity of diet, cause a disorder in the digestive system which affects the heart and the latter becomes weak and unable to perform its function properly. My disease began with hyperacidity due to some of these causes which later on affected the heart. Though hyperacidity was cured by medical treatment, the weakness of the heart continued.

In February 1958, the attack of the disease was so serious that doctors and relatives had given up all hopes of my life. The will of Providence was supreme and I did not die. But due to the weakness of the heart, asthma, cough, phlegm etc. still persisted. The doctor diagnosed it as the asthma of the heart. Consequently, he warned me not to take part in any social activity. I heeded to the warning but the phlegm and cough did not stop. It was so intense that I could not take any rest nor get any peace.

On 8th february 1958, I rang up my doctor Shri Jashubhai Bhatt and acquainted him of my condition. Next day I went to the Sheth Lallubhai G. Hospital. The doctor examined me. He screened my heart and lungs and found some moisture in the right lung which was the cause of cough and phlegm. The condition was not serious. He prescribed an injection of Naphthol in order to drain out the water deposited in the lungs and said that I should pass about 60-70 oz. of urine by this treatment. This would clear the lungs and cough

and phlegm would subside. The condition of the heart was not serious. On the third day I took the same injection and passed about 80 oz. of urine in 24 hours but cough and phlegm did not abate. Meanwhile it so happened that Shri Juthabhai Shah of Harijan Ashram, Sabarmati, came to see me. During the conversation he talked about urine treatment. In February of antecedent year, when I was in a hospital, a friend had written to me that I could be cured with urine treatment. But I was helpless at that time.

After almost one year the same proposal came again. Shri Juthabhai gave me a copy of *The Water of Life* to read and also related his own experience thereof. I went through the book. It interested me more and more as I went through its pages. It appeared as if it was discussing my own case. The old memories about urine were revived. I was convinced that this treatment must have great possibilities. In spite of all social and psychological taboos, I made up my mind to make an experiment with urine. I wished to make it scientific. So I sent for a doctor whose sincerity was unquestionable and consulted him and decided to begin the experiment.

To keep on the safe side, I began with the external application of urine only. Week-old urine was rubbed on the entire body. My son Shashikant joyfully undertook this duty. He used to rub me with urine for one and half hours daily. The time devoted to different parts was as follows: (1) soles - 10 minutes; (2) legs - 20 minutes; (3) arms - 12 minutes; more time for palms and fingers; (4) chest, stomach and abdomen - 15 minutes; (5) back, waist and both sides - 13 minutes; (6) head, face and neck - 20 minutes. In this way the rubbing continued for 90 minutes in all. This experience showed that rubbing if done with love, is very beneficial. Urine massage produced the following effects on my body: (1) After two days, i.e., 20th February urine was clear and its passage unobstructed. For this purpose formerly I used to take Dymox pills which were efficacious only for two days. An injection used to squeeze out water from all the tissues took time to recover. By massaging with urine, only that

much of urine was passed as is normal, for a healthy person. (2) Before this rubbing, I suffered from an acute pain in the waist and for standing up and sitting down, I needed assistance. After a week, I could stand up and move without any support. (3) The pain in the back also disappeared. (4) On the ninth day, one more wonderful change was observed. Before the treatment I felt itching sensation on certain portions in the upper parts of the legs along with throbbing pain which resulted in high inflammation and the skin of that part lost sensation. All that itching throbbing pain or burning disappeared and the skin became normal. (5) Within 12 to 14 days a miracle had taken place. The cough subsided and there was no more phlegm. After two weeks all the trouble disappeared and my mouth remained dry and clean. In fact, this change was a surprise to me. Now I could take a sound sleep for 6 to 8 hours. (6) All my friends wondered at the new brightness and softness of the skin, strength and vigour in the body and brightness on the face. Even the doctors were much impressed. In this way all the minor ailments along with asthma were cleared up. I felt lightness in my body.

On March 7th, I saw the doctor again in the same hospital. I had already sent him the book *The Water of Life* to read and he had gone through it. He examined my body. The results were as follows: (1) The heart which was enlarged appeared somewhat contracted. (2) The lungs were dry and clear. (3) There was no cough or phlegm. (4) The beating of heart was 80 per minute. (5) The beating of pulse was 72 per minute. (6) Blood-pressure was 140. (7) Temperature was normal.

The beating of heart though 80, was not regular which indicated some defect there. Heaving of the heart, while doing some work, also indicated the same thing. The doctor was satisfied with his examination. He told me that my physical condition was much better. Though the weakness of heart still persisted, but in future as the heart would be free from the pain caused by cough and phlegm, it would get both rest as well as health.

Having heard this opinion, I disclosed my mind to the doctor

that 15 days' application of urine had brought the result. I further said I wanted to go ahead with the experiment and fast for five days on urine and water to uproot the heart trouble totally. Yet I did not want to fast without his advice. At last he allowed me to have a fast for two days and that too on the condition that I submit the first day's report at 9 p.m.

Next day Dr. Pushendra Bhatta examined me before the fast. I passed 3 oz. of urine at 7 a.m. which I drank. After that every drop of urine passed during the day was taken. The same doctor examined me at 10 p.m. and sent the report to Dr. Jashubhai Bhatta. My blood-pressure went down from 130 to 120 on account of the first day's fast. However, he permitted to observe fast the next day also. The second day at 7 a.m. I did not feel any urge for passing urine but felt thirst instead. So the fast began with water. During the day I drank whatever urine I passed and also drank water as required. At night the same doctor examined me again and sent the report to Dr. Jashubhai Bhatta. After the second day's fast, my blood-pressure went down from 120 to 108. I asked him to permit me to fast one more day but he did not give consent because of my low blood-pressure. So I broke that fast with lentil soup. The urine rubbing was also discontinued. After that I continued to drink about 4 oz. of urine passed in the morning for four days.

I went to the hospital after five days of the fast. Dr. Jashubhai and myself were anxious to know the results of two days' fast. No sooner I entered his room he exclaimed, "Even before the examination, I can say that your experiment has changed the colour of your skin; it appears brighter, softer and more alive. I am really astonished at the improvement. I am prepared to give the certificate that your experiment has proved a success." I replied that the experiment was not complete and that I could claim my experiment successful only when the heart trouble also disappeared totally.

He examined me. A cardiogram of my heart was taken which showed a slight improvement. I asked for his permission to go out for four or five days which he granted most willingly. I did not feel any

strain or exertion on going to and returning from the village.

It was my first experiment which I do not claim to be complete. But it can be said that it proved successful to the extent it was carried on. Whoever wishes to try urine therapy, must proceed methodically. The main cause of my speedy cure was my avoiding all things injurious to health.

Today (in 1959) when I am writing these lines, eight months have passed since that experiment was undertaken, but the good results obtained from it still continue. But my desire is to root out the heart disease which requires one month's fast on urine and water. I am severntly. The chronic disease persisting for the last four years has undermined my physique, the blood-pressure is low and the weight has decreased by 60 lbs. In such a condition the well-wishers and doctors have advised me not to fast more than four or five days. A longer fast, they fear, might result in further decrease of blood-pressure and may create danger to my life. I can not ignore their advice and have to yield to their request.

But I continued to drink my urine and also get it rubbed on my body sometimes and so my heart and kidneyes are functioning well. The urine passes without any obstruction or difficulty and is as clear as rain water. The body is free from any type of uneasiness or pain; it is full of vigour and vitality. The motions are clear. In case of constipation, I take an enema of water mixed with urine which clears up the bowels. The appetite is regular. I get seven hours of sound sleep and can do the work of reading and writing without any strain. The diet is light and nourishing. It is with salt one day and without it on the next.

Still I cannot say that my heart-trouble has gone entirely. At the same time I have full faith that this experiment will certainly remove this my trouble. Twice I put my life in danger by resorting to other treatment. Some doctors brand me a propagandist. But the truth I have experienced I must give out. I admit that there may be some defect in the application of a real substance but that does not

mean that the substance in itself is defective. So I decided to have another experiment on myself. I began the last one in the beginning of 1959. I fasted for three days, taking at the same time all the urine I passed. My blood-pressure came down from 135 to 108. I felt considerable weakness also. The palpitation of the heart became so low that there was swelling in the liver and it expanded about three inches. It affected my kidneys also which became irregular. Consequently there was some obstruction in urination and there was swelling below the waist. At this stage, I stopped my experiment. God did not want me to die, so I survived, but suffered a good deal. The doctors treated me and I was restored to my previous condition. Still there was weakness and I was confined to bed. The condition was unbearable. Yet I was silent as there was no other way.

I was cogitating on my such unsuccessful attempt. Ultimately I came to pin-point my mistake. As my heart was weak, I should not have observed complete fast. I should have preserved my strength. Then it occurred to me that late Mr. Armstrong had cured a patient of heart-disease in 12 weeks by prescribing him his urine for internal as well external use but he was not advised to observe complete fast. He lived on one meal a day. This illustration showed me the way and I felt satisfied. So far I was maintaining the heart-beats in order by taking two tablets of Diazoxine every day. Now I gathered courage and began a long new experiment. The idea of fast was given up. In the beginning I was taking two tablets a day. Now I discontinued the morning tablet and began to take urine regularly. After two months, I felt that the condition of the heart was steady. At this stage I gave up evening tablet also and replaced it by urine. Four months have passed smoothly. I feel myself healthier. The condition of the heart is normal without the help of and medicine. The physicians hold that Diazoxine is an effective medicine for the control of the movement of the heart. But I feel that since I replaced the medicine by urine, my heart is working even better. Last monsoon continued comparatively for a longer period and the

winter was also severe. A good number of people caught cold but even though old I was quite secure from its adverse effect. Not only the strength of the heart undiminished, but I felt myself stronger and in better vigour than in the last three years. Even then I can not say that my experiment is complete. The heart-trouble has not yet completely disappeared. Nevertheless, I can now say that this treatment can root out the trouble completely. My heart-trouble has been lessened to such an extent that I am gradually increasing my activities, taking full care of my health.

By giving the above account in details, I wished to point out that a patient of heart-disease should not be advised to observe a complete fast. He must maintain his physical strength. Moreover, it has been proved that urine also is, if not more effective, at least, as much as Diazoxine, about which doctors hold that it checks the weakness of the heart. Diazoxine is a pure vegetable product. It is used everywhere and I have realized by experience that it is highly effective in heart-trouble. The urine treatment is in its infancy, only the future can say how far can it go and what can be achieved through it.

CHAPTER II WEAKNESS OF HEART

Shri Pranalal N. Modi of Bombay, aged thirty-six, suffered from weakness of heart. He read about my experiments on the urine treatment in *Sansar*, a monthly magazine and wrote to me a letter : "All the symptoms you have related in your article are visible in my body. I was also prescribed the same medicine by the doctor. I got the first attack of this trouble in 1955. Now with the second attack I am confined to bed for the last five weeks. On 2-6-'58 my condition became serious but God saved me. The doctor has diagnosed the disease as 'Mitral heart disease, rheumatic aetiology, congestive cardiac failure.' But another diagnosed it as 'Rheumatic Mitral Stenosis with congestive cardiac failure', while in your case it had

been diagnosed as asthma.

"I am writing this because I, too, want to begin a similar experiment on urine. The physicians have declared my disease as incurable and I am tired of it.

"My doctors are not permitting me to begin this experiment. I shall be highly obliged if you advise me whether I can adopt urine treatment. I shall not hold you in any way responsible for the consequences."

In reply to this letter, I wrote to him about my experience along with some instructions. He began the treatment and he felt a gradual improvement. At the end of August, he had recovered and felt himself strong and vigorous enough to attend his office daily.

It can be said on the basis of a good number of experience that this treatment can root out the disease completely if followed with care and confidence. We have formed a habit of passing a lingering life. Even in disease, we are enslaved to the same old harmful habits. The modern doctors and even some Vaidyas allow permissiveness to the patients in food, drink and other habits during illness and that encourages loss of self control. Nearly all the patients taking to this treatment of some of my instructions. In spite of clear contra-indications they continued smoking and behaved carelessly during the urine treatment. Even then, they have benefited to a great extent. This is the proof of the curing power of urine. I remembered the words of the Holy *Gita* - "Fulfilling the duty even to a small extent, saves one from great danger." How much more benefit could one obtain if the path of duty is followed *in toto*? So is the case with urine therapy.

AFTERMATH OF CASES

After Shri Raojibhai's death, the work of urine therapy is well carried on by Bharat Sevak Samaj (Gujarati Branch). But how his mantle fell on Dr. Paragjibhai D. Desai of Bulsar is shown in the 4th Part of this book. Many an individual sought advice on urine therapy from Bharat Sevak Samaj and from Dr. Paragjibhai. So naturally

there accumulated a number of successful cases. The patients so treated were sufferers of different diseases. They are classified disease-wise and are given under each disease at the end under the caption "Aftermath of Cases". Here are given such few cases of heart-weakness treated successfully.

1. Shri N.C. Chashmawala of Surat was suffering from weakness of heart for the last six years. His age was forty-three. Upto the age of thirty, he had experienced no disease. At the age of thirty-six, he suddenly felt severe pain starting in the back and bringing pressure on the heart. That made him quite uneasy and weak. He could not walk a few steps without taking rest on the way ! Friends and relatives told him that the pain was due to cold. Doctors could not cure it. By chance he took brandy for its cure and got some relief for a while. But after a month, the pain recurred and he had to take recourse to European doctor. From cardiogram it was found out that he was really suffering from heart-disease. He was advised a month's rest. Meanwhile his father's friend showed him Raojibhai's book on urine therapy. He started urine therapy by drinking and rubbing urine. He took only boiled food without condiments and fruits and milk at night. He used to take sun-bath after rubbing urine. After one month, he got relief from pain. Even for six months he had continued drinking urine and stopped its rubbing. He could take normal food. His digestion has much improved. The members of his family also began to use urine ! His baby of 3 years of age fell down and became unconscious. By using urine, she was brought to consciousness and in five minutes began to play ! His friend could get rid of high blood-pressure by urine treatment.

2. Shri Dhirubhai H. Vakharia, aged forty, is a businessman of Bulsar. He was suffering from coronary thrombosis for two years and was not cured by doctors. He took to urine therapy in 1963. He used to take 8 to 10 ounces of urine three times without fast or rubbing and rested for two months. He has no trouble of heart any more for the last six years.

3. Shri Sampatkumar Sheth, Barrister, High Court, Bombay,

(Anand Mahal, Babulnath Road, Bombay-7) was suffering from coronary thrombosis. He slowly took to urine therapy and sought advice from Dr. Paragjibhai personally by inviting him to his place. Not only could he cure himself by four days' urine fast but became quite healthy by urinemassage afterwards. He could cure cough and cold of his son and daughter and two other patients by this therapy.

4. Shri Prajna Bhatta of Navagam (Dist. Kheda) had a dilated heart and suffered from Mitral Stenosis. She used urine living on simple food. She took urine as well rubbed it. She could cure herself of the heart trouble and at the same time got rid of cold and liver trouble.

5. Shri Ramanlal from Nadiad was suffering from heart trouble for 7 years. He took to urine therapy and cured himself completely. He has regained so much vigour that he rides a cycle without any strain. He became a firm believer in urine therapy and cured Shri Gurudatta Shastri of his deafness only by urine !

6. Shri Jethalal Shah from Bombay had the same good experience of this therapy. He cured himself of his weakness of heart and his heart now has become strong enough to allow him to work with full vigour.

CHAPTER III

HIGH BLOOD-PRESSURE

By the end of May 1958, Shri Anubhai Shah of Ahmedabad, came to me. He reported about his wife's suffering from high blood-pressure. He related : "She is forty-five and has constant headache with throbbing. She has not been able to sleep well for the last six months because of agony and is unable to take any food. She was suffering from simple cold and some times from fever also. The doctor gave her strong injections against cold. She completed a course of Streptomycin and other injections also but cold persisted. Her condition went on deteriorating day by day and so I took her to

an experienced and a highly qualified doctor. He examined her and was suprised to find out her high blood-pressure. He scolded the former doctor for not caring to her pressure. Her blood-pressure was 270 ! And the fight against it started.

"They tried their level best to lower the pressure but with no success. So they suggested an operation which was performed in Vadilal Hospital and some nerves from left and right side were removed. But blood-pressure could not be brought below 240, and that too was maintained with the aid of medicine, otherwise it would rise to 260 ! Other troubles continued as before.

"Now I come to you after utter disappointment as the doctor declared the case as hopeless.

"Urine therapy gives me a ray of hope that it may succeed in bringing down her blood-pressure."

Seeing his firm decision, I advised him to see Dr. Pushpendra Bhatta who is taking keen interest in this treatment and to acquaint himself with the method of this treatment and asked him to follow his instructions and to see that no other medicine, during the period of this treatment, was given to the patient.

By misunderstanding rubbing of urine on the patinet was started only on soles. Even this limited application worked wonderfully. After three days' of rubbing, the tablets of medicine were stopped. The blood-pressure did not go higher and Shri Anubhai joyfully informed about it on the phone. He expressed his new-born faith in the urine treatment and asked for further instructions.

Though blood-pressure is a common malady, such a high degree of blood-pressure is still a rare case. I asked Shri Ranjitbhai, who had adopted this treatment for the last four years as a yogic practice, to take over the charge of that lady for this treatment. Ranjitbhai himself lived on milk diet and gave his urine to the patient for rubbing while her own urine was used for drinking. The lady could not take food and could not digest even milk. Ten days' of rubbing resulted in the lowering down of blood-pressure from 240 to 225.

She had sleep for two to three hours a day and could digest some milk. In the next ten days, all pain had gone and blood-pressure came down to 200. She began to feel comfortable and could sit with the support of a pillow. She had loose motions which eliminated the foul matter accumulated in her body. Sleep was longer and sounder. In spite of all this improvement, there was no relief in the swelling of hands and feet. Anubhai suspected it as the after-effect of too many injections. The followers of Ayurved diagnosed that she had Kathodar due to the accumulation of foreign poisons in the body. Her heart and kidneys also were not functioning properly. Consequently, though blood-pressure came down, the swelling continued. The treatment of urine was continued and in six weeks, blood-pressure came down to 150. It was no longer abnormal for her age of forty-five. Now swelling was the main trouble. The fast could not be prolonged and so she was given little amount of milk and lentil soup. The rubbing of urine was continued as before. As water was to be eliminated from her body, she was not given any water to drink. The treatment had already been continued for long and the patient was unwilling to prolong it. Her attendant informed me that she was taking water secretly because she could not control herself.

I felt this would not do. It would give the treatment an ill name. I instructed Ranjithbai to give up the treatment. The blood-pressure had come down from 240 to 150 and we could consider our treatment as successful. After that the lady was treated by a Vaidya for five weeks and she unfortunately expired. In my view the urine experiment was successful. I do not claim that urine can avoid even death. The doctors held that the patient could be cured if blood-pressure came down even to 170-175. For this purpose they had cut out the nerves by two operations but the pressure did not abate. They had, therefore, lost all hope. With the treatment of urine, blood-pressure was brought down from 240 to 150 and many of her pains disappeared. This is no ordinary success. It is unfortunate that she could not control herself. The urine cure is not to be blamed for

this. Thank God, I had the intuition to stop the treatment in time so as to save the urine treatment from getting a bad name. Such cases can enlighten the path of any person engaged in research work on urine therapy.

Low Blood-pressure : Shri Devdas Pandya of Nadiad (of Kala Mandir) suffered from low blood-pressure and was feeling discomfort and weakness due to it. He had a relative who was a Vaidya and wanted him to undertake urine treatment. He devised a trick for this. He used to collect urine of Shri Pandya on the pretext of its examination and returned the same telling him to be cow's urine! Shri Pandya used to drink it thinking it to be so. As a result, his blood-pressure went up from 110 to 122 and weakness diminished.

Had the Vaidya asked him in the beginning to drink auto-urine, he would not have done so. So he was compelled to give it in the name of cow's urine. Now he has overcome nausea and can participate in a number of activities without feeling any exertion.

AFTERMATH OF CASES

1. Shri Ratilal Mody (7, Triveni Plot No. 62, Sion, Bombay) had tried this therapy in full faith. He was suffering from blood-pressure for the last 30 years and had diabetes and eczema too! He could bring under control blood-pressure and diabetes and could cure eczema. This is a case of three-in-one-cure treatment. It is no wonder urine therapy is really an all-in-one-cure treatment.

2. Shrimati Saralaben R. Desai, (Vadifalis, Store Sheri, Surat) aged thirty years, had high blood-pressure during pregnancy. Blood-pressure during pregnancy is certainly a serious symptom. Doctors could not bring it down. She began to take auto-urine in 4 oz. dose. She could not fast nor did she rub urine. Even then blood-pressure became normal and delivery was quite easy. She recommended all pregnant women to take auto-urine to keep free from big or small ailments during pregnancy.

CHAPTER IV

TUBERCULOSIS

T. B. of Lungs : On the 12th and 13th March 1960, we held a seminar on urine therapy in Harijan Ashram, Ahmedabad. The chair was occupied by Dr. Pranjivandas Mehta, M.D.M.S., the Director of Ayurvedic Research Institute, Jamnagar (Saurashtra). A number of doctors and Vaidyas participated in it. About 40 people related their ideas and experiences about urine therapy. Shri Rambhai Himabhai Patel, a farmer from Navagam (Ahmedabad), gave his account of recovery from T.B. of lungs by the application of urine. The chairman was surprised to hear his account and asked him to send a written statement. It is as follows :

"I had been suffering from T.B. of lungs for the last four years. It was preceded by cough and fever. I had been reduced to a bare skeleton. I took the treatment of doctors and had some relief. In the next winter, there was a relapse and cough and fever attacked me again. Another doctor advised me to undergo an operation and get rid of the affected ribs.

"But God willed otherwise. I happened to go to a relative. He asked me to try urine treatment before undergoing operation and I agreed.

"I started with rubbing of urine on the 7th auspicious day of the dark half Chaitra. After a week, drinking of urine was also begun. After two weeks, I saw Shri Raojibhai and related to him my experience. He listened to me with much interest and gave further instructions. After that there was considerable improvement. Eleven months have passed since then but I have never been obliged to see any doctor or take any medicine. There is considerable improvement in my appetite and power of digestion. Motions are regular. While working in the field on two or three occasions, I got drenched in the rains but there was no adverse effect on my health. The experiment

has been continued for cough were experienced but they disappeared after three or four days. Neither had I to take doctor's medicine, not to keep in bed. Really this experiment is very effective and encouraging."

Dr. Gunanidhi Bhatt, a homoeopath, has his dispensary near Fernandez Bridge, Gandhi Road, Ahmedabad. He has successfully cured two T. B. patients with urine, though they were declared as incurable. He has given me a report of the cases is writing, on 13th November 1948.

Case No. I : "Shri K. D. Mehta, twenty-five years of age, Suakadi Sheri, Ahmedabad, was an unmarried youth. About a dozen doctors had diagnosed him a T. B. patient and had given treatment. They had given up the case as incurable.

"Occasionally he had attacks of blood-vomiting and dysentery. The temperature continued from 100° along with cough. He could not relish or digest any food. His body was reduced to have skeleton. Even the slightest exertion caused gasping.

"I gave him homoeopathic treatment for about four months and he felt some relief. After two months, the patient again sent for me and after examination. I found that the disease was still there. I advised him to drink an ounce of his own urine in the morning and it was gradually increased to 3 oz and thrice a day. He was also advised to rub urine before going to bed and wash the body with warm water the next morning. The improvement began with the first day of the treatment and a gradual relief was felt in dysentery, fever digestion, vomiting, weakness and anemia. Due to dysentery, the weight had been reduced to 80 lb. but it increased to 100 lb. by two month's treatment. There was an astonishing improvement in his appearance, nature, colour and vigour in the body. Nobody could say Shri Mehta had suffered from a fatal disease. I had permitted him from the very beginning to take a simple and digestible diet as it was dangerous to keep such a weak patient on fast."

Case No. II : "Miss K. R. Shah of Ahmedabad, aged seventeen,

suffered from bone - T. B. She was so weak that she could not get up from the bed, nor was she able to turn on one side or the other. She could not even take a cup of tea. She had a boil of the size of a guava on her left thigh. Doctors forwarded the case to me. I gave her one dose of homoeopathic medicine and opened the boil and about a pound of pus was discharged from it. This discharge gave her some relief and she had some sleep after a long period of sleeplessness. I gave her homoeopathic medicine for some time but there was no desired result; the disease could not be rooted out.

There was no change in cough, fever and weakness. The pus also continued. It appeared that she would not survive even for a week. I had to take recourse to the urine treatment.

"She was given to drink one ounce of auto-urine thrice a day. She was permitted to take simple and easily digestible diet. She applied the pads of urine on the boil. On the third day, the discharge of pus ceased and the patient showed some appetite. On the sixth day, she asked for food twice and began to sit without any support. On the ninth day, she insisted on the third meal also and began to walk in the courtyard of the house. On the twelfth day, she asked for more food, but it was not allowed. On the sixteenth day, drinking of urine was stopped. Now she was healthy and used to walk outside the courtyard. Thus in 15 days' urine treatment, Miss K. R. Shah regained her health. In addition, she recovered appearance, colour, appetite, weight and vigour, normal for her age."

"I have given an account of two cases which were declared by doctors as incurable. These two cases were treated by me between summer and rainy seasons of 1958. Urine therapy is useful both according to principles of homoeopathy as well as of biochemistry. It is a successful cure of all the incurable and chronic diseases. I hold this belief on the basis of my own experience. Urine therapy, properly applied, could be of great service to humanity.

"If nature, habits, strength, appetite, season, economic conditions and other factors are taken into account, and if treatment is

undertaken, under supervision of an experienced person I am sure that 95% of the so-called incurable cases would disappear by urine treatment."

AFTERMATH OF CASES

1. Shri Bachubhai G. Shah (Gangasadan, Vithalwadi, Marvey Road, Malad West, Bombay), submitted orally in the seminar on urine therapy on 15-6-61, his own experience of this therapy. He had an attack of T.B. but doctors could not diagnose it and so a cavity developed on the left-side lung. The right-side lung also showed some effect. Under X-ray, the trouble was traced out at last. He was admitted to the Sarvodaya Hospital at Ghatkoper. On an advice from Kunverji Mehta of Malad, he took recourse to urine therapy and could cure himself completely by auto-urine.

2. Shri Mohanlal Gupta (Sanchalaka, Sarvajani Chikitsalaya, Sarvodaya-gram, Mujjaffarpur, Bihar) had informed in writing that he was at death's door due to T.B. but could experience wonderful change for the better only in three days by urine therapy.

3. Shri Madhubehn Thakar (Patel Mahad, Siddhapur) aged twenty-eight, had a cavity on the left-side lung. She was vomiting blood and had fever and cold and gasping. She took to urine therapy and in 13 days blood-vomit stopped without any reaction. Gasping and cold also vanished and she could feel far better. She could eat as appetite increased. She used to take Khakhara and vegetables prepared in ghee. Ultimately she cured herself completely from this fatal malady.

4. Shri Gopal Shah (Sevashram, Bhopoli, Nainital, Uttar Pradesh) had T.B. for the last 4 years. Doctors got despaired of his case. He started urine therapy on 15-1-62 and continued it for three months. During the time, he never fasted but used to take cow's milk, bread, Dal and vegetables without any condiments. He could cure himself completely and could walk two miles easily with vigour.

5. Shri Dhirajilal A. Desai (Gajendra Store, Ghee Bazar, Nandarbar, West Khandesh) applied this therapy on different

persons for T.B., ulcer, cold, asthma, kidney trouble and other small or big maladies and could cure them without any failure.

6. Shri Harishchandra Desai from Baroda has informed that he could cure his brother's T.B. by this therapy. In addition he could get rid of his spectacles and piles too ! He gained 15 lb. in one and a half month's experiment.

7. Shri Jashbhai M. Patel (Daresaalam, British East Africa), Shri Jamased N. Merchant (from Poona), Shri Rambhai H. Patel, Shri Makanji B. Desai, (Kadhghar Kesot), Shri Ravajibhai Artist and Shri Krisna, have stated that they were cured of T.B. and other maladies by urine therapy. Their case histories were published in issues of *Bharat Sevak* in 1962 and some of them orally related their stories in seminars on urine therapy.

CHAPTER V COUGH AND COLD

Eosinophilia : I wish to have an account of the experiences of a seasoned Vaidya who might have applied urine therapy. For this purpose, I contacted Shri Bapalal Garbaddas, the well-known Vaidya. As a good social worker, he experimented urine treatment on himself and sent me the following report on the 70th November 1958 :

"Nowadays the disease of Eosinophilia has become very prevalent. In this disease, the number of red corpuscles is reduced, and that of white increased. Its symptoms are cold, cough, weakness and indigestion, etc. Sometimes it appears like an attack of asthma. An examination of the blood, however, readily reveals the disease. Arsenic injections or some medicines with arsenic to be taken by mouth are prescribed for it as a sure remedy.

"I suffered from this disease, which still persists and troubles me to some extent. All of a sudden, the nose begins to discharge sticky

water and phlegm, appetite is lost and body becomes pale. This attack is feared in the cold season. It occurred to me that I should have an experiment on urine treatment. I began the same on the 15th October 1958 and it still continues. I have been carrying on this experiment for the last five weeks.

"Early in the morning when I go for stools, I collect the entire urine, leaving a little of it passed in the beginning in a glass-pot and drink about 6 oz. of it after cleaning the hands, feet and mouth. The remaining is rubbed on the face as I see some darkness there. It is thousand times better to drink auto-urine than that of a cow. The latter is ill-smelling and scarcely available fresh. The auto-urine is pure and ready at hand. It does not give me distaste and ill-smell.

"The experiment has been so successful that since then I am free from cough and cold, motions are clear and the body is full of vigour and strength. During the present winter, there is no trouble so far. The non-recurrence of cold is really a big gain. According to Sushruta, 'human urine' is a tonic and a poison killer. I strongly recommend this treatment for cold and cough.

"Armstrong, the original writer, has advised urine treatment along with fast. In case of indigestion, obesity and loss of appetite fasting is advisable. If absolute fast is not possible, diet must be reduced and auto-urine should be taken. It is highly beneficial. The most effective urine treatment is to sustain on urine alone.

"I feel that this experiment can be undertaken by all. I can assure that there is absolutely no fear of any ill effect. I do not write as a propagandist, but being a physician I write this with full sense of responsibility."

Infantile Cold and Cough : My grandson Prashant, at the time of birth weighed 4 1/2 lb. only. The normal weight of a baby is 7 lb. He continually suffered from cold and cough since birth. It can be said that doctor Ankleshwaria kept him alive by skill and injections. Up to the age of three, his cold and cough continued in all the seasons and so he grew up.

In spite of the belief in the efficacy in urine, he was not prepared to drink it. He used to turn away his face and say, "Who can drink urine ? " I asked his mother to rub urine on his body. The mother continued rubbing regularly. As a result of it he was free from the attack of cold, cough and fever in the last monsoon in spite of heavy rains and is also free from the trouble during the cold season too. There was a general improvement in his health also.

Now to make him drink auto-urine, I made a small demonstration ! I showed him a glass full of my urine and asked him what it was. He looked at the glass and said, "It is urine."

"See now, I drink it myself. There is nothing bad about it. It tastes and smells better than those ill-smelling medicines given to you." Saying thus I drank about 4 oz. urine while he was watching me. At once he went to his mother, took a glass, passed urine in it and drank a little. His hesitation diminished. Thus he got the means of curing his disease.

Thereafter some friends brought to my notice the fact that the rubbing of urine had very good effect on child's paralysis.

Whooping Cough : Shri Chandrakant of Ahmedabad (Rajpur, Government colony, Block G), came to the Urine Therapy Centre to receive instructions about urine treatment to be given to his wife.

He reported that this baby was cured of whooping cough by urine treatment. With a view to confirming the report, he had submitted the following statement on 31-5-61 :

"I hereby state that last year my little son got whooping cough when I was on service at Surat. The allopathic and Ayurvedic medicines were tried. During the period my mother went there. She made the young patient drink his own urine after every call. Thus the old cough was cured by this simple treatment. We practised this treatment ever after when ever the boy and any trouble.

"Thus with gradual improvement, the whooping cough was totally cured. His health which had gone down has been fully

totally cured. His health which had gone down has been fully restored."

AFTERMATH OF CASES

1. Shri Mukundrai D. Vyas (Doctor Street, Mahuva, Saurashtra) had informed that he had used urine therapy for cough and cold and he had recovered from both of them and in addition got complete relief from other ailments.

2. The school-teacher from Chandranagar (Sankheda, Dist. Baroda) took to urine therapy and got rid of not only cough but gas-trouble, pain in throat and chest, rheumatic pain in hands and feet, and other ailments. He began to use this therapy on the children of his school for their eye, skin and other ailments and it has proved a blessing to them all.

3. Shri Rayashibhai Raojibhai (Sujapur, M.P.) had written that he derived much benefit from the use of urine therapy in cough and other ailments.

4. Shri Nariniprasad Roy, Mill Can Inspector, (New India Sugar Mills, P.O. Manasi, Dist. Munger, Bihar) stated in his letter that the could derive much benefit by urine therapy on cough, cold and other ailments.

5. Shri Mangulal Shankarlal (Ullasnagar, Kalyan Camp, Room No. 2, Barrack 406) had informed in writing that the could cure his daughter's cough and cold by urine.

6. Shri B.V. Bhagat from Surat wrote that his friends and their wives utilized auto-urine and could derive much benefit. He has not mentioned their ailments.

CHAPTER VI

FEVERS

Influenza : Influenza has become a common malady these days. It undermines the vitality and creates a lot of trouble. The patient becomes extremely weak and the ill-effect continues for long even after the fever disappears. Urine works like a miracle against it. Some information about it was sent to some daily papers of Ahmedabad by the office of Bharat Sevak Samaj for publication but none of them cared to publish it. Thereafter Dr. Manubhai Patel, the District Medical Officer, Mehsana, sent a report of his own experience to the same office. This important report was also not published by the newspapers.

I could not understand the attitude of the newspapers. It appeared to me that they are mainly after advertisements only ! I think it is their duty to acquaint the public of anything of general interest and common welfare. I am giving below the report of Dr. Manubhai Patel :

"This year influenza broke out. There is hardly a need to say much about this. The patients of this disease are considerably worried while the doctors treat them very lightly.

"I am a doctor of allopathy by profession. My remarks about co-professionists may displease them. But I do not want to conceal or murder truth. The physicians begin their treatment merely on the basis of visible symptoms without probing into the underlying roots of the disease.

"The modern allopaths use strepto-penicillin injections, APC tablets and other medicines of the sulpha group. It is true that the disease is suppressed by this treatment but it badly affects the heart and the kidneys. A number of patients have insomnia.

"A good number of patients of influenza come to me for treatment. On the basis of my own experience, I can claim that the

one.

"In 1931, when I was in Africa, this disease spread out among the aborigines residing in forests of Uganda. I was anxious to know about their method of its treatment. For this purpose, I investigated and was surprised to know that some Protestant priests were treating them by the application of auto-urine. By this treatment, Africans had recovered their health in a short time. Then I took some interest in this method of urine treatment. I cannot forget the love and sympathy of those priests. They gave me two books on urine cure so that I can understand the scientific method of this therapy. In 1942, during the military service, I myself and other European officers of my rank adopted urine treatment against a number of diseases."

Shri Ranjitbhai Baladevbhai Parikh is a man of selfless service. He was benefited by urine treatment. Now he is giving this treatment to others also. There was an outbreak of influenza in 1958. As he was drinking urine daily, Ranjitbhai was saved from any contamination but one of his nephews Dilip fell a prey to it. Ranjitbhai advised him to drink auto-urine. After half an hour the patient had a strong vomit of some yellow and black substance. His chest and stomach became light and influenza disappeared. The patient did not feel further necessity to drink urine again. In this way Shri Ranjitbhai cured a number of patients but never cared for any publicity.

CHAPTER VII

ASTHMA

1. Asthma of Twelve Years : Though I had experience of urine treatment on asthma, I would not rest satisfied with it. I wish every family to derive benefit from such experience and every grandmother and mother to start using this invaluable substance to cure the diseases of their young children. God has created all the living organism with the same elements and nature has provided

every organism with the same fluid to maintain health. Why then should it not be possible to cure all the diseases in human organism? That is why I felt that others should have experience similar to mine. But due to the natural difference or the difference in intensity of diseases, there may be slight difference in the method of treatment, its duration and actions and reactions, but the ultimate result should be the same.

There are many things in the world which can be performed by faith only. Still I do admit that success can be expedited by the help of science.

This experiment is not meant for the impatient, distrustful and fickle-minded people. I would request such persons not to undertake such experiments. After having experimented on myself I was thinking about the next step. There is an old maxim that if you want a thing to be done, then do it yourself first. It so happened that I had found a patient ready in my own family. My daughter-in-law had been suffering from asthma for the last 12 years. It was extremely painful even to see her pathetic condition in winter and monsoon. She took large number of medicines, many injections of arsenic and other drugs were injected and various medical tablets and liquids were administered. She was also treated by homoeopathic doctor for 18 months. Ayurvedic herbs were also tried out, but her condition did not improve.

Last May, she went to Bombay. There, due to moisture in the air, symptoms of asthma appeared even during hot summer. On 7th June 1958, she returned to Ahmedabad. At that time temperature at Ahmedabad was 111° F. to 122° F. In such hot weather she had an attack of a strong asthmatic fit. In the afternoon of 9 June, she felt much discomfort. I called my son Shashikant (her husband) and asked him to rub urine on his wife's breast. After half an hour of rubbing the uneasiness disappeared. On seeing this, I decided to begin urine treatment on her. It may be mentioned here, a urine massage should be done by a family member if possible. As a matter of fact, besides the physical advantages of massage, the

matter of fact, besides the physical advantages of massage, the patient is also benefited by the enthusiasm and sympathy of the person giving massage. So I ask my son to spare some time from his business and devote it for his wife's massaging. He readily agreed to this.

Kumudben has no disgust of urine. There fore 10th June, she started taking auto-urine once a day in the morning. From 14th June, she started the fast also. Nevertheless, in order to maintain her strength, I gave her 8 oz. of water of dates twice a day, i.e., in the morning and evening, for the first two days. For two days, i.e. 16th and 17th June, she had loose motions about seven-eight times and along with motions phlegm passed out. As a result, her stomach, abdomen and bowels were cleared. The motions ceased on 17th June. On 18th morning vomiting started and much viscous phlegm passed out. As the number of vomits increased, more and more relief was felt. In the evening of 19th, vomiting also ceased. The continuous vomiting for two days, cleared phlegm from her breast, lungs and sides. What would happen now? On the 20th morning, she started sneezing. The result was soon noticed. The old and new phlegm sticking to the upper part of the throat began to separate and come out through the mouth. The sneezing continued the whole day and stopped of itself in the evening. On the 21st afternoon Kumud said that she felt she was all right and the terrible asthma was rooted out. On the 22nd morning she broke her eight days' fast. She took some water of dates in the morning, *chiku*, *papaw* and juice of pomegranate in the afternoon and lentil soup in the evening. In this way she took fruit and liquid diet only for two days. From 26th June, she began taking simple and easily digestible diet.

She was thus free from her asthma. Her weight decreased from 140 lb. to 120 lb. and she felt some vigour and vitality in her body. Her skin became soft and bright. Two rainy and winter seasons have passed but she did not have any attack whatsoever. She is now free from any fear of attack of asthma. In spite of that she is always

ready to fight the disease.

Nature is most powerful. All the medicines of the world are worthless compared to her. The doctors all over the world do not fully understand her mysteries. With her grace and co-operation, the world can become a happy place to live in. Going against her renders the world a dreary desert.

2. Asthma of Bombay : A doctor in Bombay came to know the successful treatment of my daughter-in-law. He wrote to me, "There is nothing strange in this. You have cured an ordinary asthma. I shall admit the efficacy of your treatment if it can successfully cure the asthma of Bombay as well." This doctor was correct in his statement. The asthma of the patients in Bombay becomes almost incurable. It develops due to moisture in the atmosphere and persists till death.

The doctor had been a witness to the miserable plight of an asthma patient who in spite of drugging for a long time could not be cured. I did not wish to do anything to meet the challenge. But fortunately I received an encouraging letter from Bombay which I could not even dream of. I reproduce it here in short :

Madhukar Gopal Date (Indubaug No. 2, Sanmill Lane, Lower Parel, Bombay 12) wrote to me on 13-12-1959 :

"I have gone through your book *Manavamutra*. I undertook treatment prescribed in it to cure my asthma and am pleased to say that I have got a new life after a fast on auto-urine for 8 days. My age is 45 years. I was found of exercise from the very beginning. Consequently my physique was very strong and robust. When I was a youth of 25 I used to sleep for an hour during the mid-day. After sleep, usually there used to be coughing and some phlegm along with blood came out. I was indifferent to this. This much I remember that I had been constitutionally phlegmatic from the very childhood. Gradually cough increased. Many treatments were tried out but with no avail. In course of time, the disease assumed the form of asthma, I became extremely careful to take all preventive

measures. But asthma haunted me like a ghost and I was totally disappointed."

"Meanwhile, my dear friend and neighbour Shri Khetsibhai Malsi Savala gave me a copy of your book to read. I read it twice and gathered confidence. I started drinking urine once every morning and continued for a month. There was no improvement at all and I was again disappointed. Thereafter I decided to fast for eight days which I began on 18-11-'59. I used to drink entire urine passed during the day and night. The urine that was collected before the fast was used to be rubbed by my wife. She used to warm it and rub it on my whole body twice a day, devoting 1 1/2 hours to each rubbing. Four days passed but no motion or other results were noticed. I got worried. On the 5th day, I took an enema of boiled neem-leaves water; but only water came out without any waste with it. The treatment however was continued. I expected vomiting but during 8 day's fast, there was neither vomiting nor loose motions, nor sneezing. I broke the fast on the 9th day, i.e. on 26-11-59. Before fast I weighed 135 lb. and after it 116 lb.

"The same day I consulted my doctor. He examined carefully and reported that there was no phlegm in my body. He was further pleased to know about urine treatment and assured me that if asthma would not recur within three or four months, he would advise this treatment to others.

"God has really bestowed us with the unique gift and I advise everybody to adopt it with conviction and to get all the benefits out of it.

"During the period of my fast, a number of friends visited me. They related a number of recollections concerning urine therapy. Some of them I reproduce here.

"1. An ascetic disclosed that his physique was the result of regular drinking of urine.

"2. A Jain monk could keep his bright appearance and health by drinking of auto-urine during the fasts.

"3. Naga ascetics did the same to preserve their sound health.

"4. A *goonda* used to have a good deal of beating and being beaten. Still his body does not bear any effect of being beaten. The application of auto-urine was the surest remedy for that."

After two years I saw Shri Madhukar in Bombay. He was a robust, cheerful and healthy man, free from any ailment.

3. Asthma of Ten Years : Shri Chaturbhai, an inhabitant of Mogari, Dist. Kaira, has deep faith in urine therapy. By this natural and simple treatment, he successfully cured four members of his family. This success story of urine treatment spread in Anand and adjoining villages. Dr. Prabhudas Patel of Karamsad is my relative. He told me that under his guidance an old man of sixty was relieved of asthma of ten years by urine treatment.

4. Important Instructions : During the urine fasts, the appetite of the patient goes down. Therefore it is desirable that the appetite of the patient should be increased gradually. But patient who fasts for a long time is naturally seized with strong desire to eat more than necessary. He is likely to demand large quantity of juice of fruits and lentil soup. That causes indigestion. The excessive food that is undigested causes phlegm and he again gets asthma. Unfortunately, if the patient is not sensible enough to understand the real cause, he blames urine treatment unnecessarily for his own failure !

It is necessary to point out that a patient should gradually increase his food before resuming usual diet. On breaking the fast on the first day, the patient should take a mixture prepared from one spoonful of lemon juice, two spoonfuls of honey and three ounces of lukewarm water. After four hours he should take 2 oz. of lentil soup mixed with 2 spoonful of ginger juice and a little salt. After four hours, 2 oz. of sweet orange juice should be taken. In this way, the diet should be increased gradually and should be taken only when the patient develops good hunger. In addition, he should continue to drink 2 oz. of auto-urine early in the morning. By doing this the appetite would be increased and there would be no irritation at all.

5. The Cure of 15 Years Old Asthma : Dr. Natvarlal B. Shah, M.B.B.S., of Thasara, Kaira District, had been suffering from asthma for the last 15 years. He tried urine treatment and was cured. Here is his report :

"At present I am 47. for the last 15 years, I had been suffering from asthma which normally attacked me in monsoon. It began when there was humidity in the air and continued for a period of four months in simple or acute form. Sometimes I had to confine myself to bed for a number of days and it had become impossible to go out in rains, I took Ayurvedic as well as allopathic treatment with many medicines and injections without any permanent result. During last November, though monsoon was over, the effect of asthma did not abate and mild attacks were felt during nights.

"In December 1960, I studied your book carefully and discussed it with some friends and with their encouragement, I began urine treatment on 31-12-60 :

"1. For the first 10 days I drank 4 oz. of my own fresh urine every morning, noon and evening. Thereafter, for a month, I continued to take it twice.

"2. Massage : I had massage of old urine on the whole body for 2 hours and this continued for one month.

"3. Diet : For the first 9 days, I lived exclusively on water and urine. After that for two days, I took juice of dates and raisins in the morning; cow's milk and papaw at noon and the same in the evening. Thereafter I resorted to light food. In the beginning I took lentil soup and gradually I resumed usual diet. I take now hand-pounded rice and milk of cow only. Chillies and other condiments are absolutely avoided.

"4. The treatment restored me to perfect health within a month and I am without any trouble till now. The effect of asthma is totally gone. I do not take any medicine or tablets now, nor do I feel its necessity. Previously I felt attacks in monsoon and had to take tablets as a precaution.

"5. The physical troubles experienced during the treatment :

"A. On the third day of the experiment, boils were seen on the whole body, specially below the waist and they continued for about 1 month. I used to compress the boil with cotton soaked in my own urine which gave me some relief.

"B. During the fast slight discomfort was felt for a day, otherwise there was nothing unusual.

"C. After the fast papaw was taken for two days. The second evening some irritation in the throat was felt which resulted in my cough during the night. I thought over the probable cause and stopped papaw. The cough and asthma did not recur. After that I began solid food. For the first two days only a soup-like *khichadi* was taken.

"The third day, a piece of bread of millet was taken along with milk. A mild attack of cough was felt the same night and effect of asthma was also felt at about 3 a.m. With a change of diet, cough was controlled the same night and attack of asthma did not recur in the morning.

"Now I take everything without any restriction excluding chillies and fried stuff.

"This is my experience and I hold that the above treatment is extremely useful in asthma."

AFTERMATH OF CASES

1. Shir Sheshrao Ganeshpant Pande (Antergoan, P.O.Zadeshi, Dist. Wardha, Maharashtra) was suffering from asthma for the last so many years. His age was 58. In 1928 he got malaria and regularly got it for about five or six years in each monsoon. In 1935 he felt a sensation of suffocation for the first time. He thought it was due to over exercise. He got rid of it by three days' fast. After two years, there was a severe attack of suffocation. There was weakness in the body and though there was no sign of any cough, some mucus

came out after much coughing. Different doctors diagnosed his disease as asthma, bronchitis, bronchial asthma, eosinophilia, allergic condition, coronary thrombosis, etc. ! He had gulped down lots of medicine during the last 15 years but to no avail. He took to Ayurvedic medicine, milk-food, and lived only on fruits for months together. In 1963, he came to Mukhad (Dist. Thana) where his son lived. He gave him the Hindi book on urine therapy. So he started with urine experiment on 4-3-63. There were reactions in the beginning. Heart throbbings increased. He took some honey with water during urine fast and that brought down the throbbings of the heart. There was reaction on the gums and there was swelling there. But he continued his urine fast and in the end not only could cure his asthma but could get rid of his ailment of tonsils too. He could feel his belly light and the colour of his skin changed for the better.

2. Shrimati Asha Mehta, Secretary, Punjab Red Cross Society, lived in Chandigarh. In 1963 her health began to break down. Her stomach swelled and there was pain even when lightly touched. There was swelling in the liver and she suffered from asthma too. She was taken to a naturopath named Dr. Rudolf Stone at Amritsar. He gave her dietetic treatment along with naturopathic methods of enema and bath. But his peculiar advice was for rubbing her own urine on her chest ! This cured her completely and her asthma and other ailments vanished only in three months.

3. Shri Arit N. Wadia, B.A., aged fifty-two (Teacher, Station Road, Bulsar), was suffering from asthma for the last 20 years. He started the treatment of auto-urine in 1964. He used to take half a pound of auto-urine four times a day and used to rub old urine for 30 days. He fasted on urine for 15 days. He got himself cured only in two months.

4. Shri Radhasharan Sharma of Bhagalpur got asthma in his young age of 12 years. He began to lose sight also and had to resort to spectacles. He took to urine therapy and began to drink

auto-urine four times a day. He used to wash his eyes with urine. He was strict in his diet. He could cure himself completely and got rid of asthma, regained his sight and cure his cold and cough.

CHAPTER VIII

CASES OF CANCER

Cancer of the Tongue : 1. Hashmukh G. Panwala (1676, Sevkan wadi, Khadia, Ahmedabad-1) provides an excellent case of cancer-cure by urine therapy :

"About a couple of months ago, I had to consult eminent doctors and specialists for the treatment of my father. He was said to suffer from malignant tongue cancer.

"Being in the employment in air-lines, I had a mind to take him to Switzerland, but it was considered to be of no avail.

"However in my over-enthusiasm, I did manage to give my father some deep X-rays, numbering about four courses, but despite this the shooting pain did not subside even for a while.

"As I had an occasion to try urine therapy for my own chronic cold trouble in 1957, I suggested to my proposal. He started the treatment, commencing with ten days' fast. Soon after, amazing relief was noticeable, even though the pace of progress was very slow. I thought it was advisable to consult Shri Raojika.

"He suggested to begin the treatment again commencing with four days' fast and after the fast, to continue the treatment of urine therapy while taking special care about food. Salt, sugar, milk and other things were totally forbidden. My father followed the regime religiously. I was also carefully watching the progress.

"When I consulted the doctors and surgeons again, I was told that something miraculous had happened to my father inasmuch as his cancer was cured 75% in one and a half month.

"I was over jubilant to hear this and was anxiously waiting for cent percent cure. Lastly some ten days ago, I went to an eminent doctor with my father for check-up. According to his opinion, the cure was almost complete and the patient might be feeling that he was completely cured."

2. In 1954, when urine therapy was not known to me, Shri Chhaganlal T. Patel (Ahmedabad) aged fifty-one, working in Messrs. Chimanlal M. & Co. (Lal darwaja), had developed cancer on his tongue. Shri Babubhai, a young man and an employee of the same firm, was very much interested in the medical science. In the course of his search for this knowledge, he read the famous book of Armstrong. He asked his co-worker Shri Chhaganlal Patel to try the urine treatment for cancer. The latter agreed to this proposal and began the treatment. In due course, he met with success and got rid of his trouble.

After three years of this incident when I published my own experiences about urine therapy, Shri Babubhai Soni came to me with Shri Chhaganlal Patel. With deep faith and enthusiasm, they narrated their own experiences of urine therapy. On 17-10-58, Shri Chhaganlal Patel sent the following account :

"In 1954, I observed a boil on my tongue. At the time of taking the meals or drinking liquids, I used to feel a burning sensation on my tongue. Shri Babubhai continued to press me to take to urine therapy as I had already been treated by medical experts. After three months of hard trial, I was convinced about the efficacy of auto-urine. With the intake of urine, the burning sensation diminished and I felt some strength as well. But for an early and complete cure, I consulted Dr. Haribhakti. He advised an operation. I was then operated and was advised to go to the Civil Hospital for the examination on the operated organ. I was not to take solid diet for three or four days after operation. So there was an automatic fast. During this period, I took urine in as much quantity as I could. Drinking of auto-urine resulted in the healing of the wound caused by operation within three days. I had kept the doctor informed of

my condition. The doctor was greatly astonished to know that the wound was healed as if magically within three days and I had no pain any more. Shri Madanmohan Sheth advised me to go at once to Tata Hospital at Bombay. But I knew very well that I had been cured by the urine treatment. I, therefore, continued drinking urine but in order to honour the advice, I went to Tata Hospital. The operated part of my tongue was treated with radium rays. But the fact is that there was no need of any treatment; since my wound had been already healed up and I had no pain whatsoever. The doctors of Tata Hospital asked me to go there again after one month. During that period, I continued drinking urine and as a result of it, I had gained 13 lb. in weight. When after one month I visited the Hospital again, the doctors were surprised to see marked improvement. Now, they gave me neither any medicine nor the rays, but I was asked to go there again after two months. During that period, there was a total gain of 23 lb. in my weight. I ate well and felt strength and vigour in my body. Since then, three years have passed but the increase in my weight is still maintained. At present my age is 51 but I feel myself as strong as a man of 41."

According to Civil Hospital's report, the above-mentioned case of Shri Chhaganlal patel was one of cancer. He had faith in urine therapy and has told me that he had been cured by urine treatment. But since he was operated by the doctor, the latter too has a chance to say that had the operation been not performed, there was no chance of any cure. However, the history of cancer is sad. Rarely had any patient attained complete cure by knife and radiation.

Cancer of Throat : I give below an account of another case after careful scrutiny which was also undertaken by Shri Babubhai Soni.

A Jain monk of forty-five, was suffering from cancer. He had a tumour of cancer on his neck. In Bombay he had been treated electrically. As a result of which the tumour disappeared but reappeared on the other side. Intense coughing was also present. The doctor treating the patient had told cancer to be its cause. The doctor also advised him to go Tata Hospital. Shri Babubhai met him

the day before, he, was to leave for Bombay and informed him about urine therapy. Besides that he also gave him a copy of the *Water of Life* to read. The patient postponed his programme for Bombay. After going through the book, the very next day he started drinking all the urine passed during the day and also observed fast. With the drinking of urine, his body become light and soft. The cough disappeared in three days. As a result his faith in urine therapy increased. He continued drinking urine. Some days later, the monk had clear motions and sound sleep after many months. The urine maintained his strenght during the period of fast. The monk was fully relieved of his trouble with this treatment, i.e. only by auto-urine without its rubbings. Shri Babubhai met him after nearly three months of the experiment and was told that the monk had no trouble whatsoever. That monk still lives and travels in Gujarat.

Shri Babubhai also treated his son with urine. The boy was always indisposed. With the rubbing of urine he now enjoys better health and playfully digests whatever he eats. Shri Babubhai writes :

"A number of persons carry out this experiment and achieve good results. Many of them do not disclose their experiments out of false shame but the changes that I notice in their bodies reveal their use of urine but they hesitate to declare it publicly. I hold that if man at large adopts urine therapy, no disease would be incurable."

Cancer of the Stomach : The first patient of cancer of stomach was treated by urine application directly under my guidance. Shri Mafatlal Chandulal Shah is the member of th municipality, Palanpur. His three years old son Subhash fell a victim to cancer. Shri Chandulal Shah adopted urine treatment and was able to avoid the untimely death of his dear son. In his letter, dated 22-4-1961, he writes to me :

"Last year my younger son Subhash fell ill. He had a tumour of cancer in his stomach and pus in his testicles. The testicles had to be operated to remove put. But the wound of the operation would

not heal. At last I had him examined in Tata Hospital at Bombay. Mr. Borji, a doctor of this hospital, examined him and after giving X-rays diagnosed that there was tumour of cancer in his stomach. The doctor further opined that the patient would have to be subjected to deep X-rays on his stomach and testicles.

"In the newspapers, I had read about urine therapy. I decided to try the same. Following the kind advice of Shri Popatla Zaveri and the instructions given in the book *Manav-Mutra*, I kept Subhash on fast for two days only. during the fast, he was given to drink boiled water and all the urine he passed. His entire body was rubbed with his own urine every morning and evening. After four days, boils appeared on his head and the rest of the body. Pus oozed out of the body. Pieces of cloth soaked in urine were applied. After seven days' treatment, the wounds were healed up. He was given very light and easily digestible diet. Drinking and rubbing of urine continued daily. Consequently, the wound on his testicles was healed too. The urine treatment continued for one month and he was completely cured. Now there was no trace of tumour in his stomach. He was then examined by the doctors who reported that the boy had no disease. The experiment however continued. After one week our doctor accompanied me and Subhash was examined in the general hospital at Nagpur. His blood and urine were tested. They declared that Subhash had no cancer at all. He now hale and hearty."

Important Instructions for Cancer Treatment : In a case of cancer urine treatment should be adopted with proper consideration of the nature of the patient and his capacity for taking urine. Whereas in other diseases urine treatment can be undertaken gradually, in cancer it should be begun immediately. This is so due to the fact that growth in cancer is very quick. Besides this, the patient may have pain and pus in his ears and acute, intolerable headache. To get relief from that unbearable pain the patient even during the course of urine treatment is tempted to take some soothing tablets or medicine. The patient should not invite more misery and make urine treatment ineffective by taking such medicines.

In addition to rubbing and drinking, the patient of cancer should observe the following treatments :

1. Wash the ears gently by pouring urine among them through a syringe; put a few drops in each of them and then plug them with cotton soaked in urine. This should be done twice a day.
2. Keep continuously the cloth-packs of urine on the head. (It would be better if the head is shaved before doing so.)
3. Have mouth-wash with fresh urine twice or thrice a day. This should be done by thorough gargling.
4. If cancer be on tongue, it should be rubbed repeatedly with a cloth-piece soaked in urine.
5. Put hot-urine packs on the tumour or growth and thus foment the affected portion.
6. Drink the entire urine passed during the fast period and desist from any diet, fruits or juices. There is nothing to be alarmed if vomiting or loose motions start during the days of fast. The contents of vomiting and stools should be observed and noted carefully without any nausea. As the filth is cleared off, vomiting and loose motions will automatically cease. The fast may be terminated the next day and no urine need be taken on that day. The quantity of food may be gradually increased as the digestive power recovers and normal diet can be resumed in course of time.

After the fast till the full strength is not regained the patient is advised to take three ounces of urine once or twice a day; similarly rubbing and dieting should be continued. A patient of cancer must not use salt at all till complete recovery is made.

AFTERMATH OF CASES

1. Kaviraj Kaushik Jira of Firozpur district (Punjab) is a popular

Vaidya. He has developed deep interest and faith in urine therapy after reading the Hindi translation of *Manav Mutra*. He has used this therapy on a number of patients suffering from not only cancer and leprosy but other dangerous diseases also. Here is related a case of cancer cured by him by urine therapy alone. Sant Kalasinhji aged seventy-five suffered from asthma. Thereafter he used to get blood along with cough. Doctors opined that it was due to the cancer of throat and it emitted very bad smell. Urine-soaked cotton was applied on the wound, and was changed every three hours. He got some relief. He was given urine to drink under a pretext. After two months blood stopped. Doctors opined that he was fully cured.

2. A harijan Woman named Zando was emitting blood through mouth even in ordinary cough. She was hospitalized more than once but with no improvement. doctors opined that she had developed the cancer of throat. She was then given urine treatment under pretext for three days. Blood stopped at once. After coming to realize the remedy, she drank urine willingly and rubbed it on her chest for 40 days and could cure herself completely. She is now quite hale and hearty.

3. Shri chhibildas Champaneria is a resident of Bulsar and is aged sixty-two. He developed throat cancer in 1962 when he was in Africa. His throat was quite sore. He quite knew the uselessness of allopathic treatment in cancer. So he began with urine therapy on 22-9-62. He used to drink auto-urine three times a day and apply urine-packs on the throat-tumour and put urine-drops in the ears. In one month he completely cured himself of cancer.

4. Shri Pukhraj Kucheria informs from Daman (Dist. Bulsar) that he applied urine treatment on two patient of cancer and T.B. and he could achieve success in both the cases.

5. Shri Umacharan Sarsvati (Village-Sinhpur, Narasinhpur, M.P.) writes that he applied urine therapy on himself for many ailments

like loss of hunger, baldness, and eye-troubles. He cured his village friends and could get rid of T.B. asthma and stomach ailments.

6. Shri Viren Shah (Shivaji Cutlery Mart, Dadar, Bombay 2) cured his uncle's cancer by urine therapy and could cure arthritis of his friend by the same method.

7. Shri Morarbhai R. Patel (Akoti, Bardoli) writes that he had cancer on his right lung. He could cure it by urine treatment.

8. Shri Maganbhai K. Vaidya (Amalsad) states that he cured two cancer-patients by urine treatment.

Shri Dinubhai R. Joshi (Advocate, Bombay High court) made a statment in Malad Seminar on urine therapy that on his advice a friend was cured of his stomach cancer, another of his throat cancer and some friends of their small or big ailments by urine therapy. He emphasized the fact that there were many a people who take advantage of this therapy but do not dare to declare its benefits openly.

Cancer of the Womb : Shri Hans relates a case of the cancer of womb. A wife of small factory-owner had a small child and to avoid another pregnancy she had inserted a loop. She had leucorrhoea and so the after-effect of loop was very serious. She had now the cancer of the womb. There was no benefit from doctor's treatment. So she undertook urine treatment. She drank auto-urine as well as massaged her back and abdomen and a douche of nim-leaves-boiled urine was given in the vagina. It was given twice a day. In 40 days she was completely cured.

CHAPTER IX GROWTHS

Some people suffer from hard boils when young or grown up. These are due to either T.B. or cancer. Sometimes they are non-malignant and cause swelling on the face and eyes also. If these growths are interfered with by injections and operations and are not cured at an early stage with simple treatments, they turn into cancer.

Shri Juthabhai Amarsi Shah, a resident of Harjian Ashram, Sabarmati, has a 14 years old son, Bharat by name. Some hard boils appeared on both sides of his throat. He could drink even water with difficulty due to the swelling in the mouth. The doctor could not give him medicine fearing that the tonsils may be ripe and may burst within the throat causing risk of life. He, therefore, advised Shri Juthabhai to take the boy to Dr. Suman Shah but he was not easily available in time. So the father and son returned home.

Shri Juthabhai had read the *Water of Life* - the famous book by Armstrong. He advised this treatment to his son. Father's sensible talks appealed to the son and he agreed to give it a trial. On the first day, Bharat very reluctantly took some of his urine in a single draught but vomited at once due to nausea and some urine came out with it. However, he felt less pain on that day. Next day he took urine in larger quantity. There was no vomiting and had more relief. Consequently, he became hopeful of cure. On the third day, he took six to ten ounces of urine without any hesitation within three days of urine treatment, he was completely relieved of pain. However, he continued the treatment for four to six days more and on sixth day the hard boils on both sides of his throat disappeared. This successful end made both the father and the son confirmed votaries of urine therapy.

AFTERMATH OF CASES

1. Shrimati Rajani is a widow and is a nurse in Dhariwal (Punjab). Her daughter Chanchal Kumari aged eleven had four tumours on throat. On her mother's persuasion the young girl started urine treatment. She took urine orally twice a day and rubbed it on the body once a day. The urine massage was done by her mother. In two months the girl was cured and all her growths on her throat disappeared completely.

2. Shri Dinubhai Joshi (Advocate, Bombay High Court) advised his brother to take to urine therapy for curing his sore throat and tongue. In three weeks he was cured of his trouble.

3. Mrs. Mistri from Bombay (Karve Road), informs that she could cure her own sore throat and could get rid of tonsils of her son by the use of urine by taking it orally and by its garglings.

CHAPTER X STOMACH DISEASES

1. **Hyper-acidity** : Shri G. B. Kelkar is a Maharashtrian residing in the Shrimali Society in Navarangpura Ahmedabad. In May 1958, he sent me his experience about urine therapy :

"I used to suffer from severe pain in my stomach and had tremor in my hands. A friend advised me to try urine treatment. I decided to rub my palms with auto-urine. With rubbing for three days, the tremor stopped. This encouraged me to continue the treatment persistently. I suffered from serious hyper-acidity and had ulcers in my stomach. I had taken medicines for 20 years but there was no relief. I began gargling with urine and rubbed it on the entire body. Within a week I gathered enough strength and thus encouraged I decided to drink it. I used to drink a glassful of urine during the whole day in three or four instalments. Within a week, I had such relief as cannot be expressed in words. I continued drinking it for a

month and am now free from hyper-acidity. The ulcers in the stomach have been healed and now I have good appetite, and though I am 67, have strenght enough to do my usual work. All this is due to urine therapy."

2. Stomach-ache : Shri Chaturbhai Bhailalbhai lievs in the village Mogari near Anand. His wife was fat and often felt pain in her stomach. As the daughter of Shri Chaturbhai was cured of her ear-trouble with urine therapy, he adopted it for the stomach-ache of his wife also and started with rubbing urine. Within a week of rubbing, there was considerable improvement. she felt some relife and a feeling of vitality and vigour in here body. After that she also fasted on urine. With the treatment of about a month, the stomach pain disappeared and she became healthy, active and strong.

3. Constipation : Shri Pravinchandra Parikh is a resident of Khajurini Pole in Kalupur, Ahmedabad and works in a shop of Arvind mills. His body was fatty due to constipation and his heart and memory were very weak. Pravinchandra developed some faith in urine therapy and began to drink urine secretly. Afterwards he disclosed it to Shri Ranjitbhai and reported that he felt excessive heat in the body. Shri Ranjitbhai asked him not to be alarmed, as the heat would subside by itself. Pravinchandra also felt itching sensations. Howerer he continued drinking urine thrice a day. Heat subsdied after a few days of treatment. This treatment for two and a half months eliminated his constipation totally and the body became light. The weakness of heart and brain also disappeared. Now he began to relish food. For two and a half months, he had given up the use of salt and took *khakhara* (dry bread), milk and vegetables in his diet.

4. Chronic Constipation : Shri Gamanlal K. Parikh is a resident of Dhalni Pole, Ahmedabad. He suffered for many years from chronic constipation and felt itching on the entire body. One night swellig appeared on the whole body and his face looked fearful. He had some acquaintance with Shri Ranjitbhai. So he sent for him and narrated the story of his trouble. He advised him to stop allopathic

treatment and to begin urine therapy. Gamanlal agreed to this suggestion. He used to pass urine only once a day in the morining. So his son was asked to store his urine which was utilised in rubbing his father. Just when the rubbing was being done on the abdomen, he felt sensation for motion. On that day he had a very loose motion and the bowels were cleared within a few minutes. At noon and in the evening also he had clear motions. The next day when Ranjitbhai came for rubbing. He was pleased to know that there was 75% improvement. He continued the treatment for three days more and was completely cured.

5. Permanent Constipation : Shri Keshavbhai Makanbhai is a teacher in village Hajira, Surat. On the advice of his grandfather he treated his three children with urine for their ailments. After this incident he hppened to read my book which confirmed his faith in urine therapy. He undertook urine treatment to get rid of his own constant constipation. Here is his account of is cure :

"I started only with drinking urine on 10-4-59 and gradually increased to 5 oz. a day till 14-4-59 and gradually my constipation disappeared. On 15-4-59 I took urine once in the morning only. I was feeling very hungry indeed. My abdomen had become quite soft. My chronic constipation was removed by the above treatment. Urine is the doctor of the farmers, my grandfather used to say.

"Constant constipation had badly affected my bowles and at times swelling appeared. For this I started again urine treatment on 5-11-59 for 15 days and I feel myself quite free from it."

6. Indigestion, Gas-trouble & Constipation : Shri Laljibhai H. Patel, aged forty-three, is a resident of village Aslali near Ahmedabad. After two mounths of urine treatment on his own for his ailments, he came to me with an acquaintance and narrated the story of his experience :

"I had been suffering from mild asthma which has now disappeared after urine treatment. Only faith and self-control are required in this treatment. Lack of will power always failed in giving

up the use of refined sugar and cigarettes. Had I left these two, I feel I would have attained benefit much earlier.

"During the first 8 days, I took entire urine passed during the day-time. After that I used to drink it only four times a day. In the last ten days, I took it only once a day. As a result, there was much improvement in my gas-trouble and constipation. With the rubbing of urine, the colour of my skin became fair, the perspiration of the soles stopped. Moreover, the pimples on the face due to heat also disappeared. Backache also was no more. Now I can work a good deal without any difficulty."

Shri Laljibhai has mentioned in his account that he did not observe the restrictions. This shows his humility and candour. I think his carelessness in observing the restrictions is a warning to others in that such carelessness is exhibited by nearly all patients. However, he had reaped the fruits of urine treatment. Had he observed the restrictions, the disease would have been got rid of within 8 days instead of one and a half month.

After the completion of his treatment, Laljibhai came to me and narrated an incident of his childhood. He said :

"When I was ten years old, blotches appeared on my entire body. I felt much pain. An old Vaidya of my village suggested to my father that blotches would disappear if I took urine of a donkey for four days ! My father knew well that I would not drink donkey's urine as such. Next day, while going out he told me that he was going to Ahmedabad to fetch medicine for me. Under such a pretext, he gave me donkey's urine which I took with grimaces. I took this 'medicine' for four days and as a result all the blotches disappeared and I was completely cured. Later, I came to know that the 'medicine' I had taken was nothing but donkey's urine ! In this way I have already tasted the urine of a donkey. How then could I have nausea of auto-urine ?"

7. Indigestion, Dyspepsia, Gastric Trouble, etc. : Shri Babubhai soni is a resident of Kapadvanj. He sent the book *Water of Life* to

one of his friends. The latter after having gone through it decided to try it on himself. He was 40 years old and suffered from acute gas-trouble. Besides indigestion, he had a number of other complaints. He was cured of all these troubles by the use of auto-urine. Now he regularly does the urine massage and drinks auto-urine once a day in the morning only. He thus enjoys sound health.

His son is 30 years old. He was fatty and suffered from indigestion and gas-trouble. He had been drinking urine regularly and feels much improvement. He says that whenever there is discomfort in the body, a glass of urine always removes his complaint immediately.

8. Gas-trouble and Constipation : Shri Jayantilal C. Shah lives in Shamlani Pole, Raipur, Ahmedabad. He has sent me the following report on 24-9-59 of his cure :

"I have gone through your book, *Manav Mutra*, given to me by Shri Ambalal K. Patel, a store-superintendent in Ahmedabad Municipal Corporation. Thereupon, I decided to experiment on myself.

"Since long I suffered from gastric trouble and constipation and sometimes I had pain on the left side of my stomach. Uneasiness was constantly felt and occasionally I suffered from cold and cough. I began with a glass of urine early in the morning. From the next day onwards I increased the quantity and frequency of drinking urine. I took one glass of urine early in the morning. From the next day onwards I increased the quantity and frequency of drinking urine. I took one glass of urine about three times a day and thus taking total quantity of 12 to 14 oz. a day. Next day in the evening, I had two loose motions with lots of gas coming out. This continued for five days and then I had regular motions in the morning. After an experiment of seven days, gas-trouble, constipation and severe ache stopped altogether."

9. Hydropsy : Shri Jayantilal C. Shah further writes :

"Many years ago, this treatment was adopted by Raj Vaidya of Palanpur State to treat my cousin Shri Chandulal T. Shah, who suffered from dropsy. Raj Vaidya had made him to fast on urine for 21 days. He drank his entire auto-urine passed during the day and packs of urine were applied on abdomen. On the thirteenth day he had vomiting and loose motions and there through bile and water were discharged from the stomach and the intestines. Within 21 days' fast his abdomen became very soft and light. At the end of the fast he was given 5 *khakharas* with the water of butter-milk. This diet continued for 15 months. Consequently, he became quite healthy and strong."

10. Experiment on Ulcer : Shri M. A. Noorani, (194. Nagdevi Street, Bombay 3) presents a candid picture of allopathic treatment resulting in innumerable difficulties and a heavy loss of money :

"My son was suffering from duodenal ulcer. There was severe pain in the abdomen and he was operated in a hospital in 1950. In May 1957, the pain revived. The patient was treated by good number of doctors and Vaidyas one after another. Ultimately the doctors expressed their helplessness and the patient was discharged from the hospital. After that homoeopathic treatment was tried for 20 days but without any benefit.

"Later a friend of mine brought another doctor who examined my son and gave some hope. Accordingly the patient was readmitted to a hospital where also the doctors injected a good number of medicines. The diet also was given through injections which cost Rs. 60 per day. After five days the duodenal ulcer which was operated in 1950 burst and my only dear son passed away on 31-8-'57."

Mr. Noorani then gave a positive picture of the same disease and its urine cure :

"25 years ago, I also suffered from duodenal ulcer. I suffered pain for 15 years. A large number of doctors were consulted during that time. In spite of all this, the pain could not be controlled. In 1946,

as a last resort, I underwent an operation but even after that the pain revived at the same spot. I passed my days in serious pain and trouble.

"In June 1959 through the grace of God, I happened to read the Gujarati book *Manav Mutra* by Shri Raojibhai. I studied the book with interest and finished in just two days.

"I belong to Bohra community which follows the Muslim religion. In Islam, urine is considered as a very impure substance. After the study of this book, I wished to undertake the treatment but religious sentiment stood in the way. Inner conflict continued for a long time; ultimately I got over the sentiment and took the treatment."

Mr. Noorani gives the following account of his conflict with sentiments and victory over them.

"One night I had a dream which suggested that I could drink urine if I understood the true meaning of the following statement in Koran :

"The almighty God has declared the following a sin :

"To take blood and meat of the dead in an accident, of dog and of one killed except in His name; but it is not a sin if taken according to the decree of God in a condition when there is no alternative. God is merciful, the great bestower of forgiveness.

"I have described in the above hymn from Koran that to take certain things is a sin but not so in a state of helplessness.

"Have faith in the above and take urine as a medicine in this helpless condition of such illness."

"Such instructions came to me in the dream.

"On this advice I began to drink urine, the wonderful gift of God, every morning and evening. Along with that I also started rubbing with eight days old urine. Restrictions in diet were strictly followed. At the end of 40 days. I was relieved of the disease and I felt strength in my body. Every night I began to enjoy a sound sleep. My mind

was more and more inclined to prayer and I prayed earnestly.

"I am highly impressed with therapeutic value of this wonderful divine gift and I wish to urge upon my Muslim brethren that I have no words to describe its virtues in full. Human urine is a treasure of many wonders.

"I have personally experienced the value of these qualities. This substance is absolutely harmless and I as a Muslim assure you of this with a view to render a little service to my Muslim brethren.

"Preceptor Ali preaches Alib, the brother-in-law of Mohamed as follows :

"Your medicine is also with you; but you are not aware of it..

In conclusion, Mr. Noorani has reported that he had sold a good number of copies of *Manav Mutra* in Bombay, that he had advised a good number of patients about its application and that many people had got rid of their chronic diseases by means of it.

Mr. Noorani further said that talk about urine treatment has become a matter of importance in life whether in the street, in conversation or in the train. He advises everybody to adopt urine treatment for every complaint, major or minor.

11. Sprue : Shri Bhikhalal N. Kothari, resident of Madangopalni Haveli, astodia Road, Ahmedabad, writes in his letter dated 14-3-61:

"For the last 10 years, I have been suffering from the pain in the stomach, and it continued to be more and more severe. Everything I ate was evacuated through loose motions. It appeared as if I was suffering from dysentery. My weight was reduced from 176 lb. to 126 lb. Daily I had to spend a rupee for medicines in order to sustain life.

"Thus I was extremely disgusted with life. Meantime a relative of mine gave me your book *Manav. Mutra*. I went through it carefully and began the treatment from 1-5-60. For one month I did the rubbing and also kept two days' fast on urine only. The result was the most satisfactory. Ten months have passed since then. My

weight has increased to 170 lb. No medicine was taken thereafter. Now I take 40 ounces of urine every day in three doses and feel quite fit. If there is any trouble, it is instantaneously controlled with a day's fast on urine.

"It has resulted in financial savings also. I was in the habit of smoking and chewing betels which I have given up. It has saved me nearly Rs. 250/- a year. In addition, Rs. 400/- were also saved which were otherwise spent on medicine. The time spent on doctor's visits has also been saved.

"My wife got 12 tumours on her neck. The doctor gave prescription of medicines worth Rs. 100/- I began giving her urine treatment and only in four days she was normal.

"Recently a gentleman was attacked by leprosy. He started this experiment and the pain was checked. Besides that other troubles of the body, i.e. cold, constipation, indigestion, etc. have also been totally removed.

12. Dropsy : Shri Ishwarlal N. Desai of Bilimora has experimented with urine therapy on his 2 1/2 years old son. The report of its good result is as follows :

"My son satish aged 2 1/2 years suffered from recurrence sickness since birth. Dysentery, vomiting and fever were the usual symptoms. He got fever on 28-6-60 which generally went up to 105° and did not subside at once. After that, on 15-11-60, he got inflammation on the whole body which continued for six days. Only then the doctor could diagnose that it was dropsy. At last medicines were stopped but a new trouble arose. The child got blood and pus in urine along with dysentery.

"The urine treatment was then started from 5-12-60. The boy was given to drink fresh urine. Besides that it was rubbed on his whole body. In diet he was given rice and lentil soup. Thus fever which could not be controlled for 4 1/2 months, was checked within 6 days of this treatment. Next week, he began to move about on his knees. In the third week he stood up and began to totter.

The treatment was continued up to 3-2-61. Even after that drinking of urine was continued twice or thrice a day. Thus the child got a new life and health with this treatment, at a time when the days of his life were numbered."

AFTERMATH OF CASES

1. Shri Pravinchandra Chunilal, aged thirty-six, is a businessman of Bombay (110/111, Swadeshi Market, Bombay-2). He had constant Constipation for years together and weighed only 90 lb. He was not able to insure himself only because of his underweight. He undertook urine treatment methodically and not only could cure his old constipation but could increase his weight up to 125 lb.

2. Shri Amrital Trivedi (C/o Kapurchand Private Ltd., A.T.Road, Gauhati, Assam) writes that his friend Shri Hanumanbhai could reduce his fat and got rid of a tumour by urine treatment and another friend got rid of his pain on the elbow which was fractured before.

3. Shri Ratibhai M. Desai (Malad, Bombay) could cure his 3 years old dysentery by this treatment.

4. Shri Chandulal H. Shah got rid of his years old gas-trouble by urine therapy.

5. Shri Bhavasukhlal B. Mehta (Village Saras, Taluka Olpad, Dist. Surat) could cure his own hyperacidity, piles and other ailments at a time by auto-urine.

6. Shri V. S. Nimbarkar (The Janata Cloth Market, Tulsi Pipe Road, Dadar, Bombay) could free himself and his friends from diseases like loss of hunger, pain in the stomach, and other ailments by urine therapy.

7. Hemraj Manaji Chavada (Raipur, M.P.) could get rid of his gas-trouble by auto-urine by following the treatment methodically.

8. Shri L. N. Tandel (Colombo, Ceylon) could not only cure pain in the stomach but also a few tumours on his penis by urine treatment.

9. Shri Triloknathsinh from Bombay writes that he got rid of his stomach-trouble, old cough & cold by regular treatment of urine therapy.

Shri Kantilal S. Shah cured his old gas-trouble by auto-urine.

CHAPTER XI

DISORDERS OF THE INTESTINES

1. Appendicitis : 1. Appendicitis is a common trouble these days. The small intestine has a small appendix. The excretory refuse sometimes accumulates there. As the days pass, the excreta ferments and it dries and pollutes the entire intestine. Finally as it generally happens a doctor is consulted for diagnosis and treatment. The latter readily advises the excision of the loose appendix as the only way out of the grievous pain and consequent danger which may prove fatal.

It hardly seems possible that the appendix has no purpose to serve. Anatomists assign to it the place of an air-valve in an engine. The patient of appendicitis is therefore strongly advised to observe fast for four or five days. If urine is taken during the fast, it being an anti-septic, removes inflammation, loosens the coats of excreta and brings about relief from excessive pain. Thus urine-drinking and douche with urine are of an invaluable help during fast. This simple treatment for four-five days will relieve the patient of his trouble.

Following is an account of a patient from Dabhoi (Vadodara) declared to be suffering from appendicitis by doctors. The patient Shri Kalidas Shankarbhai writes :

"I am 45 years old. For the last four years I was suffering from appendicitis. I got myself operated in the famous Duffrin Hospital of Vadodara. Even after the operation there was no relief. Then I was examined by a number of doctors. All these doctors advised a second operation as the only remedy. Dr. D. N. examined the report carefully and declared that there was nothing wrong with intestines or the earlier operation. So he discharged me from his ward.

"Finally, when I was fed up with the malady and its allopathic treatment, I read your *Manav Mutra* by chance. I started taking auto-urine thrice a day without fast. Within two days I felt some

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relief. But on the third night there was severe pain. Using common sense, I rubbed urine on the aching spot and within ten minutes I fell asleep. Next day I took urine the whole day and had a urine massage at night. Repetition of this treatment for six days completely relieved me of the pain which did not recur uptill now. The experiment was continued for the past five weeks. There is no pain at all and I feel fine. Diet which I mostly had given up has been resumed in full. A number of patients in Dabhoi have taken this treatment and they report relief from their ailments."

2. Dr. Maganlal Salaria is a qualified doctor as well as a Vaidya of Ahmedabad. He operates according to Ayurvedic system of surgery. His dispensary is located on the crossing of Saraspur and it has an accommodation for out-door patients. He has deep faith in urine therapy. Now he is 65. He is healthy and thinks auto-urine to be a harmless drink for one's health. To prove the fact that urine is a perfect safeguard against disease-pervaded atmosphere, he took auto-urine for four months and during the interval he took digestible light diet once a day only. Within three months, he gathered great strength and vigour in his body and his skin became lustrous due to increased blood circulation. Wrinkles due to old age also disappeared and there was an increase of 14 lb. in his weight. He has no trouble whatsoever and works hard for 12 to 15 hours a day and does not feel tired.

Dr. Salaria has treated with success a patient of appendicitis by urine treatment. Here is its account :

Shri Ramanlal Trivedi is a young man of thirty. For the past many years, he has been suffering from constipation and other ailments. On the right side corner of his stomach acute pain developed and there was an attack of fever also. A doctor diagnosed it as a case of appendicitis and he was advised for an operation. Dr. Salaria being a surgeon was then consulted. The patient was then admitted in his hospital on 25-10-58. Dr. Salaria did not operate on him but insisted upon him to adopt urine treatment. He was made to take auto-urine thrice a day. An enema douche with two pints of urine was also

given, as a result of which much of the excreta passed out. This treatment was repeated on the second and third day and all the hard and undigested matter stuck to the intestines passed out. Normal health was restored.

2. Colitis (Swelling & Putrefaction of the Intestine) : Wrong habits of eating lead many people to suffer from colitis either in the region of small intestine or the large one. Shri Yogindra Parikh, B.Sc. (Agriculture), suffered from this very painful disease. He is an employee of Khadi Gramodyog Research Committee, Harijan Ashram, Ahmedabad. When allopathy and homoeopathy failed to cure him, he consulted Dr. Adal Beharam, M.D., of Bombay. The latter advised to adopt urine treatment which the patient did and was consequently relieved of his trouble. On the 12th & 15th March, 1960 a seminar on urine was held in Ahmedabad to exchange views on urine treatment. Shri Yogindra Parikh read a detailed account of his urine cure :

"I felt indisposed due to intense heat of April in Ahmedabad. On April 1, I was attacked by influenza. After recovery therefrom, in the first week of May, I suffered from malaria which continued for a week. During this period of intense heat, I had about five loose motions a day. During daytime, I had to keep myself busy for 12 to 14 hours a day. With the trouble of loose motions, gas and stomach troubles developed and some blood began to pass with stools.

"Now it was necessary to consult a doctor. He prescribed medicine and advised me to refrain from wheat, oil and chillies. I took medicine for two weeks without any relief. But my condition went from bad to worse and ultimately on 19th June 1959 I had seek admission to the Civil Hospital. The doctors examined my stools twice or thrice and tried hard to find out different possibilities of the cause of colitis. But the real cause of ulcerative colitis could not be traced out. I was not subjected to any operation. But the doctor kept me under his supervision. I left the hospital after three days and was then re-admitted in the private ward. Even after so many tests, no one could detect the real cause of my trouble. The reports did not

reveal anything. When I was leaving the hospital finally, Dr. N. C. Shah told me : "We have checked the disease but it may reappear. It is not possible to eliminate it altogether."

"In such a condition I went to Bombay and began the homoeopathic treatment. My case was a chronic one. In the beginning, Dr. Adal Beharam gave me the waters of milk and wood-apple. Gradually I took lentil soup and herbal water, rice and lentil preparation. There was definite improvement by this treatment. Within a month the improvement was so rapid that the doctor feared a fresh attack of the disease. It turned out to be true. In the rainy season, there was an attack of fever due to cold and bleeding also started again. But in two weeks' treatment, I recovered again and went to see Dr. Adal Beharam before returning to Ahmedabad.

"I chanced to see the book *Manav Mutra*. In those days I used to consult various books on Ayurveda to know about my disease and so naturally I came to know about this book also. I completed the book in one sitting only.

"In monsoon the disease attacked me once more and bleeding started again and my weight decreased. My wife Nilam had also gone through the book. With courage and patience, I fasted on urine for three days. According to the doctor's instructions, I took urine thrice a day and also got it rubbed on the entire body. On the second day of drinking urine, there was change in the colour of urine. Though somewhat saltish in taste, it became limpid like water.

"During three days of fast, there were about seven motions. Bleeding was more profuse but in the second week it decreased and in the third, I started moving about. Now I am quite all right. I have given up spiced and fried food. Though it has proved to be 95% successful, for a definite conclusion it is essential to wait for the final and definite result.

"Thinking in terms of expenses, as many as 600 rupees have been

spent on allopathic treatment, only 3 rupees in homoeopathic cure but not a single paisa for urine treatment which really cured me."

After two years Shri Parikh is full of vigour and health and is entirely free from any disease.

AFTERMATH OF CASES

1. Shri Amrit N. Wadia, B.A., aged 52 informs that his daughter Sunita aged 18 had dysentery and there was blood in her stools. There was pain in her stomach. She was treated with urine therapy. She was given anema of half a pound of urine mixed with one pound of warm water. She was cured within a week by auto-urine.

2. Shri Himatlal Chhotalal Shah of Chhatkopar (Bombay) cured his old gas-trouble by auto-urine in a few days.

3. Dr. Jayant J. Kamdar writes that he could cure his complicated dysentery only by urine therapy.

CHAPTER XII

DISEASES OF THE KIDNEY

1. Inflammation of the Kidney (Nephritis) : Shri Ambalal K. Patel, B.Sc., L. L. B., is the store-superintendent in Ahmedabad Municipality. He applied urine therapy on his younger daughter who was a patient of nephritis and cured her. Here is the account of the case :

"Narayani is 8 years old. She fell a victim of nephritis in her early age. Blood and pus passed in her urine and she became weaker day by day. Sometimes she had pain in the throat and had attacks of fever also. Her weaknees went on increasing. She had got her tonsils operated by a surgeon an year ago. But the trouble and pain in her throat continued. Nephritis is thought to be incurable and particularly for women, it is dangerous. In this disease not only the patient but the nurse also are harassed a great deal. Medical treatment for this disease involves large expenses.

"She was treated for one week in Lallubhai Gordhandas Hospital at Maninagar. The same treatment was continued for ten days at home. The trouble subsided for a while but revived in a more acute form after two weeks. There was profuse bleeding in urine. This disappointed me. My son-in-law resides at Bombay and is a M.R.C.P. from Edinberg. He advised me to administer ten tablets everyday and a course of penicillin which was to be continued for six months. However I was not inclined towards this treatment. I was not ready to wait for six months for this grievous malady to disappear. From the very beginning I had an idea to apply urine treatment. narayani was also ready. She was greatly hesitant to drink her urine which was mixture of blood and pus. However she took her entire urine. It was an ounce in quantity but it produced a magical effect. After sometime she again passed urine which was not as cloudy as before. She drank this also. After that her urine was as clear as natural water. Consequently, she was convinced that somehow the treatment suited her. So she started taking urine three to four times a day, two ounces of it each time. With drinking of urine for 15 days, her trouble disappeared. I am writing this account seven months after the cure, yet till now, no trace of the disease has recurred.

"Besides nephritis, I have also cured my other children of influenza and malaria, by simply giving them two to three ounces of urine to drink three times a day. I advised urine treatment, particularly to those who came in my contact. Many people have cured themselves of trachoma, inflammation and redness of the eyes, ear-trouble, pimples, boils and eruptions, palpitation of the heart, cold etc. by this marvellous treatment. One doctor Joshi is a friend of mine. I persuaded two of his patients of T.B. to adopt urine treatment and they cured themselves."

2. Obstruction in Urination : A strange case came to doctor Maganlal Salaria. The patient Natha Kesarji is 35 and belongs to Pavaiya class. When 21 years old, excision was performed on his penis. This resulted in obstruction in urination. There was great

inflammation in the passage of urine and he had to be admitted to the Civil Hospital. Medical efforts made the patient almost dead with pain. At last some person acquainted with doctor Salaria, sent him to the latter's clinic. On 5-12-59 he was admitted there. An examination of the doctor revealed that the passage of urine was totally blocked due to high inflammation. Anyhow doctor Salaria decided to have a trial with urine cure before operation.

Doctor Salaria gave his own urine to the patient three times upto 11 p.m. in the night. At 2-30 a.m. in the night he visited the patient and was surprised at what he saw. The patient was enjoying a sound sleep and his bed was drenched with his own urine. Urination continued but the patient was not at all aware of it. When he awoke, he felt great comfort. After that, he was made to drink his own urine. Such is the miraculous power of urine.

Natha Kesaraji was cured within a couple of days and with a smiling face he returned home after thanking doctor Salaria.

3. Urine Trouble & Other Disorders : Shri Dahyalal M. Zaveri from Morvi, Saurashtra, has a business of jewellery at Bomaby. He is 81. Being very old, he leads a retired life in his bungalow 'Kuber-Bhavan' at Nasik Road. He had greatly benefited himself by urine therapy and has donated Rs. 1000/- to Bharat Sevak Samaj for the noble work of the publicity of urine treatment.

In his letter dated 2-4-59 he writes : "Four years ago I severely suffered from the trouble in the urinary system. My prostate gland was operated and I stayed in the hospital for nearly a month. But the flow of urine was irregular and there was pain and inflammation in the passage. Such a condition continued for four years. During this period, whenever some urine accumulated in the bladder, I had to get up from bed in order to pass it out. Thus my sleep was much disturbed. Getting up three or four times occasionally, I had to face cold breeze and so I caught cold. I did all that the doctors advised with an unwilling heart. I got myself X-rayed sixteen times and submitted the photographs to the doctors who treated me for 21 days

and also administered injection. On account of this treatment, itches appeared on the whole body and I went on scratching like a patient of ringworm so vigorously that blood oozed out at several places. I was unable to sit comfortably day or night. There was pain in the shoulders and the chest. The doctor suggested for an examination of the heart. With the use of strong poisonous medicines, urination was rendered extremely difficult and caused unbearable pain. I used to sit in a tub half-filled with warm water and obtained some relief. Doctor suspected the possibility of stone in the bladder and so I had treatment of stone as well !

"My nephew had suffered from heart-attack and blood-pressure. He had gone through your book *Manav Mutra* and had experimented accordingly. One day he informed me that he had benefited from urine treatment. I read your book though I was indisposed and I started the urine treatment.

"I stopped all medicines and took urine thrice a day. With the intake of urine, I had clear motions and there was no difficulty in urination. I also started massage with old urine, after which I used to take bath with warm water. The experiment continued for a month and the following benefits were obtained :

"1. My constipation had been removed to a great extent. Now the stools are of natural colour.

2. Piles are eliminated altogether.
3. Appetite has been revived and I enjoy my meals.
4. A scar of dry ringworm was cleared by urine rubbing.
5. I have no trouble whatsoever in the back.
6. Urination is easy but slight burning sensation is still there due to the narrowing down of the passage.
7. Getting up for urination at night is not more than once or twice.
8. Previously as soon as some urine was accumulated, I had to

urinate. Now the feeling of urination arises only when the bladder is full.

9. There is no attack of cold or fever or pain in the chest.

10. Eruption near the left ear has gone.

11. Two small spots on the right-hand affected with white leprosy have been almost cleared.

12. Itching Sensation disappeared by urine massage in the very beginning.

13. Now everything gets digested without any ill-effect.

Thus I have been benefited in a number of ways and there is no exaggeration in what I have stated."

4. Severe Pain in the Urinary System : I have been repeatedly warned that one whose blood pressure is low should not fast for a long period and allow his weakness to increase. I had been following this instruction myself. I can experiment but cannot endanger my life. So whenever there was some danger during the course of treatment, in order to be applicable at the moment. As long as we cannot devise a scientific system of urine application, we shall have to keep such an attitude towards diseases of serious nature. It is our duty to enrich our knowledge about this treatment. To fulfil that we have established a urine research centre at Ahmedabad.

During the course of my treatment, I caught cold in September, last year (1960). I could not take urine in the required quantity as the passing of urine was not sufficient. So there was inflammation on the legs which increased gradually. So I had to see a doctor to get that treated. But instead of being cured, I lost 10-11 lb. of water in the form of urine. My weight which was 100 lb. fell to mere 89 lb. and I felt myself extremely weak. As a result there was an attack of paralysis on 21st of September, for which doctors administered injections. The reaction was contrary to the expectation and the passing of urine ceased and there was acute pain. A doctor in neighbourhood was called to get the urine out but it was not

sufficient because there was again obstruction. Twenty-four hours passed and the pain was unbearable. The doctor had to be called again. There is every danger of urinary tube getting inflamed by insertion of instrument again and again. I suggested urine as an antiseptic liquid for this instrument to be used internally. The doctor agreed and followed my suggestion. Then 19 ounces of urine was taken out. It was dense, dirty and red. However, I got some relief and soon after I felt pressure for urination. Urine passed in drops and there was acute burning sensation. For this, the doctor prescribed four tablets of certain medicine. I expressed my doubt the reaction of those tablets.

This set me at thinking. Soon I was clear in my mind. What a fool am I? I advise others to adopt urine treatment and am pleased to hear them do so. Why should I not again experiment on myself? The flow of urine increased gradually as I took more and more urine repeatedly. The burning sensation diminished proportionately. Thus in 8 days my urine was clear and its flow was regular. There was no burning any more and I was saved from a great danger. I am writing this account after one month of the cure and I am now completely free from the trouble.

5 A. Diabetes : An account of Shri Chaturbhai of Mogari village (Kaira) has been given before. The wife of his brother suffered from diabetes since long. She agreed to urine treatment and it was started with rubbing. Within a week of rubbing she had some relief and brightness appeared on her face. Fast was then undertaken for a few days along with drinking of urine. After a month's treatment, she got rid of her diabetes. Her health improved, irritation in the limbs disappeared, lethargy diminished and she became active and energetic.

5 B. Diabetes : Jyotirvid Shri Jayakisandas Dayaram Panchal of Bombay (28, Suraj Building, Elphinstone Road, Bombay 13) had written to me an account of his cure of diabetes on 6-6-60. A medical report was attached to it :

"Five years ago, I suffered from diabetes. The skin on the tip of my penis had disintegrated and was torn. I felt severe burning and itching sensation while passing urine. I used to apply an ointment of Kemp & Co. Gradually all the joints from back to the feet began to ache. Later the ache and burning increased. I was compelled to pass urine repeatedly and had to get up three or four times during the night. I suffered for four years in this way and then went to see a doctor. An examination revealed that I suffered from diabetes. I am 41. By allopathic treatment the quantity of sugar in urine diminished and my weight also increased but when I took some rice-preparation, urine indicated sugar contents.

"I had stopped all medication three months before starting urine therapy. I collected auto-urine and began with rubbing on 7-3-60. On 14-3-60 I began drinking it. On the first day of drinking urine, I observed complete fast and took, the entire urine passed during the day. But the same day, there was acute pain in the head and I had to eat Kondo (a small grain). From the next day, I took 4 glassful of auto-urine daily. On the 8th day, sugar content was lowered below normal and I had to take some extra sugar. I reduced the number of glasses of urine to three only. Then it so happened that daily there was deficiency in the sugar content in urine and I had to take extra sugar. Consequently, I postponed the treatment for eight days and wrote a letter to you for your advice. I cut down the quantity of urine to 4 ounces a day and also made certain changes in my diet. Along with this I got my urine examined from time to time but no sugar was indicated. During the day, I take 3-4 ounces of urine three times. I have decided to take regular and restricted diet as I want to decrease my weight.

"I did not have any vomit or loose motions during the experiment. But whenever sugar contents fell down in the urine, I felt greatly irritated and felt whirling sensation in my head. As soon as I took sugar both the complaints would disappear automatically. I have, however, decided to continue drinking and rubbing urine".

It is important for the follower of this treatment to regularly

observe its effects on his body and to make necessary changes in the system with his common sense whenever some bad effect appears. The apparent safety in doing so is the fact that no harm is done in such changes and he comes to know of the real method for treatment applicable to him. The natural treatments affect different persons in different degrees according to their physical disposition. It is also quite possible that the same method for treatment may not suit the physical constitution of all persons. It is truly said that one should be a doctor of a Vaidya of oneself and adjust different natural methods of treatment to his own requirement and thus bring his health within his control.

C. Diabetes : Jyotirvid Shri Jaikisands Panchal who cured himself of diabetes has become a faithful protagonist of this treatment and helps in its publicity. Shri Balaram Sakharan, his neighbour, is 50 and lives at Khar, Bombay. For past many years he is a victim of diabetes. He met Shri Panchal and started urine experiment under his guidance. Within a few weeks, he got rid of his diabetes. Here is his account in short :

"I used to have tooth-ache and so I got the affected tooth removed by a dentist. He advised penicillin injections in order to reduce the pain. I had the injections administered by my Life-Insurance doctor. After some time, inflammation appeared on my whole body. I had another injection of penicillin which removed the inflammation but produced a bad reaction. After three months, urine increased in quantity. I had to pass urine seven times during the day and seven times during the night. I felt very weak and I was reduced in weight. A feeling of thirst was always there. There was aching in my mouth and throat. I visited the doctor again and was informed that I suffered from diabetes. On 12-5-59, doctor P. M. Oza examined my urine in the clinical laboratory and reported 4.20% sugar content in it. I gave up the use of rice, sugar, tea and sweets. For some days I took homoeopathic medicines also but there was no improvement. The disease showed an upward trend from 1-4-60. Boils appeared on the body and there was intense

burning around the urinary aperture. The skin on penis was broken and had lost its flexibility. Consequently, I had injections of insulin and the sugar content in the blood decreased to 3.50 %.

"I met Shri Panchal and learnt about urine therapy from him. On 11-7-1960, a recorded examination indicated 3% sugar in my urine. The same day I started drinking urine. I used to drink it four times a day and twice in the night. Besides I also started urine massage every day. In diet I took millet-bread and leafy vegetable curry. Every week I met Shri Panchal and made changes in my diet according to his advice. Sugar content gradually decreased and on 4-9-60 it was nil.

"The boils on the body were healed by this treatment and the skin was cleared. On 25-9-60, I started taking rice. On 15-10-60, I took rice, potatoes and sweet dishes and got my urine checked up. But sugar was not indicated at all. Now I am quite well."

6. Diabetes and Paralysis : Urine treatment is now in use at many places in Gujarat. To some extent, it has become popular in other States also, Shri Saubhgyachandra Girdharla resides at Palitana in Jain Society, Girivihar. On his advice his companion, Shri Gulabchand K. Shah, who suffered from diabetes and paralysis, benefited by urine treatment. Here is the account of his cure :

"I suffered from diabetes and had an attack of paralysis also on the right half of my body. Fortunately I had gone through your book *Manav Mutra* and am experimenting with it for the past one year. I am glad to report that I have derived great benefit out of it. Had I undertaken a fast on urine also, I would have had an early cure. Unfortunately I find myself unable to fast. Nevertheless, though gradually there has been considerable improvement. Everyday after brushing my teeth, I drink urine. In the afternoon I rub my entire body with old urine. The pain in the knee-joints has already disappeared, and even a trace of the back-ache is no more. I have given up insulin injections also for the last one year. Now whenever there is an ill-effect on my body, I use this marvellous liquid, and

am definitely benefited. I am sixty-five now but can walk a distance of three to four miles without any difficulty. My eye-sight improved by urine-drops in my eyes."

The above account lacks some necessary details and is too brief. It appears that Shri Gulabchand has not followed the treatment systematically. The patients of diabetes and paralysis should take into consideration all the factors about diet and seasonal changes and should carry on the treatment patiently and systematically.

7. Mare cured of Diabetes : Dr. G. H. Velinkar veterinary physician in Bombay wrote to me an account of the urine treatment of a racing mare on 14-1-61:

"Shri S. N. Shipra is a resident of Madanpura area in Bombay. His grey-coloured mare used to be indisposed. Soon after the purchase she was emaciated and had considerably weakened by the time she arrived at Bombay. Her poor state of health was supposed to be due to underfeeding during the course of train journey.

"A week after her arrival at her master's house, an examination of her stools was made. After some treatment, it became apparent that she urinated profusely and at short intervals. After a few days blood appeared in her urine. To check its flow with urine she was made to drink a mixture of Hexamine, Soda Sulphate and a Map-sulf through a pipe. The bleeding ceased after a couple of days but the quantity of urine could not be checked.

An examination of her urine revealed 20% sugar content. I decided to make her drink her own urine through a pipe. She passed nearly 4 lb. of urine every day. The entire urine was collected and was given on the next day. She was given to drink seven pipes full of urine in this way.

"Some change was noticed in her condition after drinking four tubes full of urine and she started grazing normally after taking urine for the seventh time. The frequency of urination and the quantity decreased. Sugar content in her urine now was only 0.3/4%. In the meantime some one came to bargain for her. The

owner got a good price for the mare and she left Bombay with her new owner hale and hearty."

It is now proved that as a human disease is eliminated by auto-urine, so diseases of animals can also be cured thereby. The truth that holds good for man is equally good for animals.

AFTERMATH OF CASES

1. Shri Amrit N. Wadia, B.A., aged fifty-two, wrote that his wife Prabhavati aged 45 oozed much blood by bleeding during menstruation and there was sickness at the same time. She used to put cotton soaked with urine in vagina along with the usual urine treatment. She was completely cured of her trouble by this treatment.

2. Shri Maheshkumar V. Joshi (Vile Parle West, Bombay 56) had nephritis for the last three years. He was treated by specialist and was given treatment in Harkishandas Hospital too but he was not cured. He started urine treatment on 1-2-60 and for 15 days drank all the urine for 1 1/2 hours daily for one full month. He fasted on urine for 4 days. There was swelling on the body and so he mixed urine with black clay and applied on the swelled parts. By such full treatment of urine, he cured himself completely.

3. Shri Manilal V. Desai lives at Navsari. He suffered from diabetes and high blood-pressure. He took doctors treatment without any benefit. He entered Prachin Mutra Chikitsa Kendra at Ahmedabad for treatment on 20-4-65 and started urine treatment. Thereby he was completely cured. On examination of his urine, there was no sugar. His blood-pressure became normal and swelling on the legs disappeared.

4. Shri Pratap Jethalal Kantharia is an artist. He is thirty-five. He suffered from kidneystone for 7 years. Doctors could not cure him. He did not accept doctor's suggestion for operation. He got advice from Dr. Paragjibhai Desai at Bombay urine cure centre. He started urine treatment in May 1966. He used to drink auto-urine three times a day, 1/4 lb. each time. He massaged his body for 75

minutes each day for seven days with old urine and kept urine pack on the painful part. In one month he was cured. There is no trouble for the last two years and is completely all right now.

5. Rusi Malaowala had a wonderful cure of his almost incurable kidney disease. doctors could not cure him. He was very anaemic. His urine contained 390 mgs. of urea (normal is 30 to 40 mgs.) On Dr. Paragibhai's advice he began urine treatment and in 2 months was almost cured.

6. A lady X aged forty was very recently treated by Dr. Paragibhai for her urine trouble. Her urination had stopped and there was intense pain into her abdomen. doctors could not even relieve the pain. She was given her son's urine and in half an hour she began to urinate, pain vanished and she slept soundly thereafter.

CHAPTER XIII

GOUT

1. Stiffening of Vertebral Column : Shri Ambalal K. Patel, B.Sc., LL.B., Superintendent of Ahmedabad Municipal Stores, writes in his letter :

"I suffered from pleurisy, gout and stiffening of the vertebral column (spondylitis); whitish grey phlegm, frothy in appearance was produced in large quantities. As soon as I would leave my usual work, lesion would start. Such was my condition since 1952. From 15-5-58 to 21-5-58 I rubbed my whole body with urine and from 22-5-58 I started drinking urine and continued it up to 27-5-58 along with fasting. During this treatment, heat eruptions appeared on the whole body, but as I knew that it was only a reaction due to this treatment, I did not get alarmed. Within a short time, the eruptions subsided of their own accord. Rubbing and drinking of urine produced a wonderful effect. On the last day of my fast and the later two days, i.e. 30th & 31st, urine was tasteless like distilled water. The trouble of phlegm disappeared on the very first day of

taking urine. Cold and pain in the ribs also vanished. I could sleep in the nights without covering myself because there was no trace of cold, phlegm and pleurisy. Gout and stiffness (spondylitis) also became extremely mild. Stiffness in my neck also disappeared and it became flexible again. The skin became responsive, tender and healthy. In brief urine treatment gave me excellent and unique results. Still I occasionally drink and rub urine and my health is maintained normally."

2. Stiffness of the Vertebral column & Swelling : An account of Shri Chaturbhai Bhailalbai of Mogari village in Kaira District has already been given. He also cured his daughter-in-law. Here is a brief account.

His daughter-in-law had a sprain in her vertebral column which developed particularly in the fourth and fifth vertebral where swelling appeared. She was unable to look straight, forward or side ways, due to intense pain. There was no comfortable sleep. She was taken to Bombay and was subjected to radium-rays on doctor's advice. But there was no relief at all. Thereafter she was admitted to Mission Hospital, Anand. The Plaster of Paris was fixed on her back and for full 3 1/2 months she kept to her bed. But there was no improvement at all. The pain became more intense day by day. Finally she was urged to adopt urine treatment. The experiment started with rubbing. After seven days, some improvement was noticed in her condition. With the rubbing of 15 days, she swelling on the vertebral column showed tendency to disappear. She was also made to fast on urine for a few days as required. Within a month she was completely cured.

3. Gout : Shri Purushottambhai S. Patel (nephew of the late Sardar Patel), resides in the New Brahmakshatriya Society, Ahmedabad. For the past four years, he was suffering from gout. The finger joints, shoulders and knees, etc. developed stiffness and there was pain too. Gradually the trouble affected the whole body and lost its suppleness. Though he used to take medicine, there was no relief at all.

He came to know of my efforts regarding urine therapy and paid me a visit. I advised him and gave instructions. In the meanwhile he went on a visit to Hardwar along with his family. He stayed there for a month on the banks of holy Ganges and started urine regularly because of his going outdoors frequently for sight-seeing. Thus during his stay at Hardwar, he rubbed for 20 days in all which completely eliminated the pain in his knee-joints. Even after his return from there, he continued drinking urine twice a day with very good results. Now he is quite comfortable and happy.

AFTERMATH OF CASES

1. Shrimati Kalavati belongs to Punjab. She is a religious-minded lady. She suffered from pain in her shoulders and there was stiffness for three years. Doctors could not cure her but urine treatment with regular drinking and massage cured her completely. Moreover she got rid of her spectacles by applying urine drops in her eyes and by washing them by urine. She has cured wounds and other ailments by use of urine. She did all this at Shri Hans's suggestions.

2. Shrimati X lives at Firozpur (Punjab) and is aged forty-four. She is somewhat fatty. Seven years before she had pain in her knees, shoulders and other joints and slowly the pain covered the whole body. There was swelling on almost all joints. There was difficulty in walking too. She started urine treatment on 12-5-66 at Shri Hans's instance. She felt relief only in four or five days. Then she fasted on urine for five days. There was an all-round relief to her body. Her weight was reduced by about 12 lb.; constipation disappeared; cold was no more; and now feels herself quite normal.

3. Shrimati Y resides at Jadalaguru (Punjab). She is forty-five. Her forehead used to become numb at night; such was her condition for the last 12 years. Slowly numbness increased and there was a sensation of heat too. On pressing the hand there was pain also. She could not get any benefit by doctors' treatment. So she started urine treatment in 1965. She fasted on urine for five days and massaged her hands with urine. She felt complete relief, cured

numbness of her hand and is quite normal now.

4. Piroja N. Bulsara (Bombay) wrote a letter to the editor, *Kaisar-e-Hind* and it is published in the 9th July issue of the daily. When she was fifty she accidentally had some hard impact on her right knee and so the cartilages there were injured. She could not walk properly and afterwards she developed arthritis. It was then very difficult for her even to stand erect for a few minutes. Bone-specialist gave a verdict that it was a very hard case. By chance she came to know about urine therapy and started urine treatment. She fasted on urine only for two days and massaged her knees for about two months and is quite all right now. If there is any pain, she applies urine therapy and cures it at once. She can now climb 300 steps in a very high building. She is an adept in urine treatment and she has cured a young woman of her tumour by auto-urine !

CHAPTER XIV SKIN DISEASES

1. **Blisters due to Heat** : Shri Juthabhai A. Shah, on Sabarmati Harijan Ashram, had heat eruptions of his body in 1958. He decided to make an experiment with auto-urine without going to a doctor and began rubbing it on the whole body and drinking it once or twice a day. During this period, yellow blisters of the size of a pea appeared on his whole body. They were so close that even an inch of skin was not free from their effect. There was much pain in hands and feet. He fasted with urine for three days and felt no weakness. The blisters rendered massage impossible so he merely besmeared his body with urine. On the sixth day the trouble became exaggerated and his feet were swollen. He noticed that sheer besmearing with urine had no effect on the blisters. So he requested a close friend to do the rubbing for him. The friend did accordingly and the ripe blisters burst. The skin appeared white as the pus oozed out. It was as if his body was besmeared with white ointment. He

took a bath with warm water and cleaned his body. This relieved him a good deal.

Within five or six days, pus was eliminated from all the blisters. His new skin appeared bright. His body became perfectly well and after a couple of days he started his usual work.

2. Blisters : An account of Shri Keshavalal Makanlal (Weaving Master) who got rid of his chronic constipation with urine treatment and had cured his skin disease also :

"In 1948, blisters appeared on my whole body. There was acute pain and sitting or sleeping was rendered difficult. I started besmearing my whole body every day with six ounces of clay soaked in urine. I carried on this experiment for twenty days and I was restored to perfect health."

If stung by poisonous fly, mosquito or other harmful insect, one should instantly rub urine on it to get ready relief. Even the poison of a scorpion subsides by the rubbing of urine and placing bandages soaked in urine on the skin.

3. Ringworm and Nettle-rash : Shri Shamalbhai is the organizer of the Gram-Rakshak Dal of Kaira district. He had an allergy. Impurity of blood resulted in ringworm on his body and its worst attack was on his nose. He also suffered from diabetes. He began with urine treatment on his own in a faulty way. Without full consideration of his bodily condition, he did not abstain from taking saccharine in tea even during the course of treatment. Within a couple of days, nettle-rash appeared on his entire body along with a few pimples. I suggested to him to stop saccharine and do the rubbing of urine with slight pressure so that the pimples may burst. He did accordingly and all his troubles disappeared within a couple of days.

Urine is chemical but is a natural one. Saccharine is on the other hand artificially synthesized chemical. Such a foreign stuff cannot be expected to be absorbed within the system, at least at the time of treatment.

4. Eczema : Shri Rasiklalbhai of Patan, is an agent for some tea company in Bombay. His wife suffered from eczema on the fingers of her hands. She was treated for a number of months by doctors but there was no cure. She started urine treatment. Within a fortnight the fingers were cleaned up and not a trace of the disease was left.

5. White Leprosy : Shri Ranjitbhai Baladeobhai Parikh is nearly 32. About 15 years ago he suffered from white leprosy on his entire body. There were several patches of leprosy, big and small on the head, face, chest, abdomen, hands and feet. Even his hair turned white. He happened to read *Hatha Yoga Pradipica*. Therein a mention has been made of Shivambu-Kalpa. He obtained a Sanskrit text of Shivambu-Kalpa. It has described a number of experiments on urine. Ranjitbhai himself performed some of them. He cured his eye-trouble by drinking urine through his nose. He also treated himself with urine to get rid of white leprosy.

By systematic taking and rubbing of urine, his white leprosy was gradually reduced. Some patches of leprosy however persisted on his forearms and feet. But those patches do not trouble him in any way. There is no burning sensation even in summer.

Thereafter he started the use of urine in his family. Gradually the neighbours were also benefited by this handy treatment for their minor ailments. Ranjitbhai had also undertaken the treatment of serious ailments with success.

6. Degenerative Leprosy : Late Mr. Armstrong was an expert in urine treatment, but he did not have a chance to treat any patient of leprosy for the reason that this disease is of rare occurrence in England.

Dr. Pushpendra Bhatta sent to me a patient suffering from leprosy. The patient Shri Kanajibhai Mohanlal aged 32 is an inhabitant of Ahmedabad. He informed me about his trouble in details. A skin expert had taken him for a patient of degenerative leprosy and treated him as such for a long time but failed to cure him. His hands and fingers now bore the wounds and he always felt a piercing and burning sensation in his fingers. He was unable to lift

anything with his hands. I noticed that the nerves of his hands were strained and had contracted. He informed that he had already begun with rubbing urine on his hands for a week and felt considerable relief from the burning and piercing sensation. I advised him to continue rubbing regularly and also start drinking urine next day and to fast on urine and water after a couple of days.

Next week, he reported an improvement in his condition. He fasted for three days and came to me again after a period of three months. He was extremely happy. Here is his short account :

"Before the treatment, I was unable to move my hands up and down but it is possible to do so now. Moreover I was unable to do work with them but now it is possible to do so. On the whole, I have been considerably benefited by urine treatment and the wounds of leprosy on hands and feet have disappeared. The piercing sensation in the fingers has also vanished."

7. Psoriasis : Psoriasis is though to be an incurable malady. Shri Popatlal G. Lakhani, a resident of Porbandar (Saurashtra), practised as a solicitor in Bombay for about 25 years. Now he has retired from practice and lives at Probandar. For the past 25 years, he was afflicted with psoriasis and at last was relieved of his trouble by urine treatment. Here is a summary of his account :

"Nearly 25 years ago, I was attacked by Psoriasis. This disease has a slow growth. Appearance of a blister on the skin marks the onset of the disease. This blister resembles that caused in the case of burning or stinging, but differs from others in the fact that it does not contain any fluid. The skin of this blister often comes off and gets renewed. Thus gradually the blister grows. My skin appeared to be withering and I felt severe itching sensation which compelled me to scratch constantly. By scratching, silvery powder-like substance came out of the spot of infection. I got myself examined by skin specialist, and came to know for the first time that I suffered from psoriasis. He gave me a prescription for injections and medicines. Though its further growth could be checked but

according to the doctor it was impossible to cure it. Later as the disease spread, I tried various medicines in allopathy, homoeopathy, Ayurved, etc. as advised by the practitioners of different systems but failed to have any relief. For the past many years, I used to besmear coconut oil on the infected portion and it softened the skin. I had to do so three times a day and if I ever failed in that, inevitably I invited more trouble. It would result in tearing of the skin of the finger-joints and there was oozing of blood.

"Meanwhile I by chance happened to see your book *Manav Mutra*. I read it in couple of days and started urine treatment.

"Since June 12, 1960, I stored my urine in a bottle for massage. As soon as three bottles of 1 lb. capacity each were filled, I began with rubbing entire body on 16-6-60. Next morning, my skin appeared to be soft and tender and it surprised me. The dead cuticles on the skin had cleared. I felt still more softness on the body when I took a bath. Then I thought of drinking urine; first I rubbed urine on my teeth and on 18-6-60 I drank urine for the first time and next day I submitted myself to Dr. Dattani for an examination. He was extremely glad to note the improvement.

"Since June 16th up to this day I continued drinking and rubbing urine. Daily I rub myself from top to toe, do some physical labour for an hour and then take a bath. The dead cuticles having entirely gone, my skin appears to be very healthy. I do not recall any itching sensation after June 16th. I have got rid of psoriasis completely and my constipation has also been eliminated. My body is active and my appetite is good.

"I keep informing many people about my successful experiment. Many of my friends have adopted it and are consequently benefited."

Shri Lakhani has described successful urine treatment in five cases one of which was of blood-pressure. The patient was the health officer in Porbandar Municipality and he also got rid of his irritation in the soles.

AFTERMATH OF CASES

1. Shri Nandalal P. Solanki aged 35 is a tailor residing at Kumbharvada, Bombay 17. He was suffering from eczema for the last 20 years. He could get no benefit from the treatment of various skin specialists and even from hospital treatment. He started urine treatment on 28-5-67 and continued it for three months. He used to drink four to six ounces of auto-urine daily and massaged with warm and old urine for three months; the massage was twice a day. On the spot of the disease he used to put urine-soaked cotton. He fasted for eight days and during this time he had cold, loose motions and thereby toxins were removed. The disease was completely cured.

2. Shri Bhagavandas N. Dhimar, D.M.E., lecturer at Polytechnic School, Bulsar and residing at Dhimar Housing Society at Bilimora, had pyoderma for the last eight years. He used to have boils all over the body and they were sometimes full of pus. He was not cured by doctors and even hospitals. He started urine treatment in August 1967 and continued it for two months. He used to drink two ounces of auto-urine twice a day. He massaged his whole body for half an hour twice a day for two months. He used to put urine-soaked pads on the boils. He had fasted for eight days in the beginning. He was completely cured.

3. Shri Kalyanjibhai Mehta, the first Speaker of Gujarat State Assembly, had skin infection. He had itching sensation on the leg and then there was burning and blood began to ooze. He tried various medicines for a month but to no avail and was much harassed by the disease. He applied urine-soaked pads on the spot for three nights and was completely cured.

4. Shrimati Chanchalben P. Patel (Rajbhavan, Malad, Bombay) used urine for her eczema for 25 days, three times a day. She did not drink it but only by application she was completely cured and it never recurred since then.

5. Shri R. N. Patel, Nairobi (Africa), had a small eruption on leg-joint and it slowly turned into skin-disease on the whole body.

There was itching sensation all over the body and there was oozing of watery substance at some places. Doctors could not cure the disease even though he spent thousands of rupees. He undertook urine treatment and was completely cured even though he did not observe all the rules of the treatment. Thereafter he became a propagator of urine therapy and cured his wife's diabetes and his friend's burning sensation at the time of urination by urine treatment. His brother's diabetes, and sinus were completely removed by this treatment.

6. Shri Hans came to know from Kaviraj Ramaswarup an instance of successful cure of a fisherman from leprosy by urine treatment. Kaviraj met him when he was on evening walk. The fisherman asked him to prescribe any medicine for his ghastly disease. Kaviraj showed him urine treatment and the fisherman started it at once. After three weeks a watery ill-smelling substance began to ooze from his body. The patient was so discouraged that he was on the point of giving up the treatment. But Kaviraj persuaded him to continue it. He used to visit the patient daily. Only day he had fever and it went up to 105°. He was uneasy for the whole night but the next day his whole skin came out like the outer skin of a serpent. He was besmeared with ashes. Two days after, he was given cow's milk with honey and he was given a full bath and was full cured.

CHAPTER XV

EYE DISEASES

EYE DISEASES : 151

1. Glaucoma and Other Complaints : Shri Bhikhaji Kalaji aged 41 is a resident of Kasaiwada, Jamalpur, Ahmedabad. He suffered from throbbing pain in the temples along with headache. His vision was also dim and he was unable to see anything in the late evening or at night. His eyes constantly remained red and watery. He suffered from these troubles since a year. Though poor, he had already spent Rs. 500/-. An eye-specialist of Ahmedabad examined his eyes and said that they could be cured only when the excess poisonous fluid behind the pupils is removed by an operation. Bhikhaji was shocked. He feared that operation may result in blindness which might leave his family in the lurch.

In the meanwhile he met Shri Ambalal Patel, Superintendent of Ahmedabad Municipal Stores. The latter advised Bhikhaji for urine treatment. So he began to wash his eyes twice or thrice a day with urine and in addition drank three ounces of it once or twice a day. Within a week he had some relief in his eyes and so he continued the treatment with faith. Within the month of treatment, his headache, throbbing pain in temples and pain in the eyes disappeared totally. Natural whiteness returned to his eyes and watering ceased. Not only his vision became clear, but night-blindness was also removed.

On 3-11-58, Bhikhaji gave me a written account : "My body is in perfect health and is more active than before. Now I am able to read newspapers which was impossible for me before the treatment. I have been benefited to such an extent that I have given up even the use of spectacles."

2 A. Freedom from Spectacles : Shri Ranjitbhai B. Parikh, was getting his vision dim and he was compelled to use spectacles of - 2 number. He began drinking urine through nose as prescribed in the

Sanskrit text Shivambukalp and practised it for five months as a result of which the defect of reaction in his eyes was removed and they appeared very bright.

There were certain reactions as well during the treatment. For a couple of days, there was heaviness in his head and pricking sensation in his throat. But gradually all the complaints ceased. There was much elimination of phlegm through the nose. But ultimately, health was restored and the experiment proved successful.

I have come to the conclusion that vision improves within 4 to 6 weeks if the eyes are daily washed with fresh urine in the morning, at noon and in the evening for about five minutes each time. The best way is to blink eyes in two eye-wash cups full of urine.

2 B. Freedom from Spectacles : Shri Dasbhai in this letter of 21-7-60 also writes that at the ripe age of 73 he got rid of his spectacles completely by washing his eyes daily with fresh urine.

3. Improvement of Eyes, Etc. : Shri Kalyanji Lakhani has described the various benefits he derived from urine treatment :

1. He had been a slave to spectacles for the last 45 years. With the putting of drops of urine, 4 days old, in the eyes, he is now able to do without spectacles for a number of hours with no inconvenience at all.

2. There was tremor in his hands. With urine treatment, he is able to hold a cup or a dish.

3. Before treatment, he was compelled to urinate every 10 to 15 minutes. Now it is so only after 2 or 2 1/2 hours.

4. His constant uneasiness of body has gone and instead he feels vigour.

4. Eye-trouble : Shri Jaikishandas Panchal of Bombay takes great interest in urine therapy. His neighbour, a woman of 44 had pain in the eyes for the past six years and she used spectacles. On Shri Panchal's advice, the woman undertook urine treatment and it proved successful. Here is her report in short :

"I had a severe pain in the eyes for the last six years. There was irritation in the eye-lashes. I had to rub the eyes constantly and this caused excessive pain. treatment from the local K. E. M. Hospital for two months gave no relief whatsoever. Then I consulted a private doctor. The relief was there as long as the treatment continued. But the pain revived as it was stopped.

"I started urine treatment on 3-8-60. I purchased an eye-cup and washed my eyes with urine four times a day. Within a couple of months, there was relief. Whithin three months, complete cure was secured. Previously I suffered from long-sight, but now my sight is normal. The spectacles are necessary only when some work is to be done close at hand. My constant complain of headache also vanished. Now I hav to discomfort whatsoever."

AFTERMATH OF CASES

1. Shri Venishankar M. Shukla aged 68 (Par Falia, Navsari) is a retired man and had chronic glaucoma for the last six months. No eye-specialist could cure him of his disease. On Doctor Paragjibhai's advice he began urine treatment in August 1964. He drank half a pound of auto-urine and massaged with old urine daily for 15 days. He used to wash his eyes in eye-cup 12 times a day. He did not fast at all. Within one month he got rid of his disease and it has not recurred for the last four years and does all his writing and reding work regularly.

2. Shri Amarsingh, son of Shrimati Asha Mehta, was a college student and had granular conjunctivitis. He could not read anything after the disease got aggravated. Shri Hans advised him to wash his eyes with auto-urine. He started it at once but the eyes became red in the beginning but the patient continued the experiment with patience and he was completely cured within a month. He began to read even more after the cure and still he has no complaint.

3. Shri Ratila Bhavanbhai (Village Tikaran, via Halavad, Saurashtra) could completely got rid of his spectacles and could cure pain in the chest by auto-uine.

4. Shri Govindbhai D. Patel (Morbi, Saurashtra) informs that he could cure his neighbours of their eye-troubles, swellings, and burns by urine treatment.

5. Shri chimanla M. Shah (Rabari Chawl, Court Road, Borivali, East-Bombay) informs that his friend was able to get rid of his spectacles by auto-urine and another friend could cure his eczema by the same treatment.

6. A doctor has cured his own cataract by urine treatment. Shri Hans personally knows doctor Aumkarnath Jetali, M.D., and the doctor has related his own story to him. He had cataract in his eye and by urine treatment he got rid of it completely.

CHAPTER XVI

DISEASES OF NOSE, HEAD & MUSCULAR DYSTROPHY

Shri Raojibhai had only very few cases of nose and head but the inveterate propagandist Shri Hans could cure such patients by urine treatment.

1. Shri Kantilal B. Patel (Maninagar, Ahmedabad) had chronic cold. He was 58 when he undertook the urine treatment. For the last six years sticky substance constantly oozed from his nose. sometime it was mixed with blood too. Doctors could not cure him. He merely drank his morining urine constantly for seven months and was completely cured.

2. Shri Raghava Panikar is 43 and he suffered from nose trouble for seven years. There was burning sensation and sometimes blood came out with stickly substance from the nose. He used urine to cure this disease of his nose trouble and was completely cured by mere inhaling urine through rose twice or thrice a day. Shri Hans enquired of his cure and found it completely satisfactory.

3. Shri Hans cured his own falling hair. He experimented with urine therapy to cure his arthritis and he not only got rid of it but also could stop his falling hair !

4. Shrimati Vina Panikar (Government officer's Colony, Ahmedabad) had headache and suffered from falling hair. She visited nature cure clinic at Uruli Kanchan and got some benefit there but the trouble continued. She took to urine therapy and could cure both her troubles within a month. Along with this, her other minor troubles also vanished.

5. Shri Umacharn Sarasvati (village Sinhpur, Dist. Narsinpur, M.P.) cured his major and minor troubles like falling of hair, slow digestion, and yellowness of eyes in 50 days of urine treatment.

6. Muscular dystrophy : Shrimati Kalavatiben Jain is religiously adopted sister of Shri Hans. She is a pious lady and a social worker too. Her predominant motive in life is service. This selfless motive of service inspired her to take up a very hopeless case of muscular dystrophy. Her brother-in-law Shri Jinendrakumar fell victim to this disease due to bad habits and faulty living. He remained imbecile for sometime and at last came to such a hopeless condition that doctors lost all hope for his life and he was hardly to live a few days. In his such condition Kalavatiben took up his case and began urine treatment to cure him.

At that time, his limbs were benumbed, hands were shaking, and there was vomiting and was completely bed-ridden. His skin was quite lustreless, and he was reduced to a bare skeleton. The urine treatment was begun on 17-3-72 by Kalavatiben and her sister. They began rubbing 20 days' old urine for 5 hours till late in the night. Plethora of dirt began to be rubbed out as a urine-massage went on. Thus massage treatment was carried out for 10 hours daily and 1 bottle of urine was used for the purpose. In four days, there was seen some marked improvement and so the patient agreed to drink auto-urine and he began it on 20-3-72. Then his rectum was cleared by urine douche. There was a cement-like excreta deposite

inrectum so it was to be cleared by fingers in the beginning and about one pound of excreta came out in this way. Enema was given thereafter. Urine pads were placed on the stomach for one month. Light food was given in the beginning and slowly its quantity was increased. In the first seven days the patient's legs became free and he began to sit in his bed. In 20 days, he began to stand and in 1 month he started walking with a stick. In 4 Months was completely cured and began to go to his shop with a physique and health which he never enjoyed before. Can there be and better 'instant cure' than this ?

CHAPTER XVII

EAR-TROUBLES AND HEADACHE

1. Discharge from Ear : Shri Chaturbhai B. Patel of Mogari village (Anand) come to me in the second week of May 1958. His 16 years old daughter suffered from an ear-trouble since long and was brought there for a doctor's treatment.

I advised that the girl should be taken home and a few drops of auto-urine be put into her ears for three or four days. I assured him that it would certainly eliminate her pain. The girl followed my advice and returned to her village. After three days I received a letter reporting that her ear-trouble had vanished by auto-urine but some discharge continued. I advised again that the ear should be washed by a syringe with urine; some drops of urine should then be put and the ear plugged with cotton. The next day I was informed that her ear-trouble had disappeared altogether.

2. Ringing in the Ears : Vipul Chinubhai Shah of Pushpakunj Society, Ahmedabad, is a boy of 10. For the past sometime, he suffered from pain and ringing in the ears. He was also hard of hearing. Some allopathic medicine relieved him of the trouble temporarily.

Vipul and his mother were aware of the benefits derived by Shri Hans from urine therapy as the latter lived with them. On the advice of Shri Hans, drops of fresh urine were put into Vipul's ears every morning and evening. As a result, the tilth accumulated in the ears came out and the pain diminished. With a treatment for about two weeks in this way, all the ear troubles vanished completely.

Headache : A gentleman of Dhalni Pole, Ahmedabad, suffered from headache every morning for the past many years. There was much irritaion and thus prevented from doing any work. He used to take certain tinctures which intoxicated him and rendered him immune from any feeling of pain. He started urine treatment on the advice of Shri Raojibhai. On the first day he had vomiting. He continued urine for three days which relieved him of his old chronic headache.

AFTERMATH OF CASES

1. Shri Mahendra V. Mistri aged 30 (opposite Bhatia Hospital, Bombay) could hear nothing for the last two months. Doctors could not cure him. He started urine treatment on 3-7-67. He began drinking auto-urine up to 6 ounces twice daily. He massaged his whole body with warm and old urine for once hour daily and used to put a few drops of urine in the ears. He did not fast. In 15 days he was completely cured.

3. Shri Bhogilal N. Choksi (Ganesh Baug, F-45, Bombay 19) writes that his friend C. C. Desai, a principal of a college had ear trouble for the last 20 years. Pus was oozing and ne was very slow of hearing. He began to put urine-drops in the ears and was completely cured. By urine massage he got rid of his skin disease. He cured his neighbours who were suffering rom asthma, short-sight and eczema.

4. Shri Devajibhai Hamraj (Gangasadan, Mareva Road, Malad, Bombay-64) cured his ear-pain by eight days' urine treatment.

5. Shri Khetsi Malsi Savla (Indubaug, No. 2, Sun Mill Road, Bombay-13) informs that he could cure his friends suffering fro ear-trouble, toothache and even piles.

CHAPTER XVIII

ELEPHANTIASIS, PILES AND INFLAMMATION OF UTERUS, SYPHILIS AND OTHER AILMENTS

1. **Elephantiasis :** One Shri Dasbhai from surat, in his letter dated 21-7-60, writes :

"My left leg was affected with elephantiasis for the past 50 years. Now I am 73. This trouble disabled me to walk even half a mile for the last 40 years. Whenever I tried to do so, inflammation appeared on the legs. There was a fever-attack. Last year I had a chance to read *Manav Mutra*. I started this treatment in March 1959. After four to five months, the trouble diminished by 50% and I could walk about a mile and a half. The inflammation and fever never recurred. Now I can cover slowly a distance of 2 to 3 miles without any discomfort. Drinking and rubbing of urine is done once or twice a day. Had I treated myself accrding to your detailed instructions, the cure would have been attained sooner and to a gerater degree."

2. **Piles :** Gujarat Samachara's Chief Reporter Shri Kantilal Shah (Ahmedabad) had chrionic constipation and he suffered it for long and it resulted into piles-trouble. The soft-anus bore scratches and there was unbearable pain and burning. He started this treatment with rubbing but his body was so allergic that it resulted in nettle-rash. I asked him to stop rubbing urine and advised only for taking urine twice or thrice a day. He did accordingly and got rid of trouble within a week. Nettle-rash still troubled him, so he continued the treatment and ultimately the constipation was removed and nettle-rash cured. His allergic condition was eliminated.

Incidentally I wish to point out that in a case of bleeding piles, bleeding stops if a piece of cloth soaked in urine be kept on the piles regularly.

3. Inflammation of the Uterus : A lady in Dhalni Pole, Ahmedabad, suffered from pain due to inflammation in the uterus after her marriage. She got herself treated by doctors and Vaidyas but did not have any relief. Shri Ranjitbhai informed her husband that urine treatment would eliminate her trouble. She was persuaded to take urine. One day she took all the urine passed. This worked as a miracle and the serious trouble disappeared with a day's drink only. Before the treatment she was unable to walk even a little distance. But after the treatment, She could go to the river for her baths.

AFTERMATH OF CASES

1. Shri Shambhushankar Trivedi cured his major and minor troubles by urine treatment. He cured his piles, got rid of spectacles and nocturnal discharge by drinking auto-urine and urine massage for one month. He is hale and hearty even at 70.

2. Shri sitaramji Chaudhary suffered from fistula for 15 years. He was operated twice but the disease prevailed. He took to urine treatment and began to apply urine-soaked cloth on the wound. In seven months the disease vanished.

3. Shri Vinod Kanaji Motiwala of Bombay aged 26, was suffering from apoplexy for the last 12 years. He tried various pathies but to no avail. At last he started urine therapy and could cure such an old and dangerous disease. He still continues the urine treatment to protect himself from its sudden attack.

4. Shri Bhuvaneshwar Pande, Gandhi Ashram, Pataranga (U.P.) had pain and swelling in right testicle and thigh. No medicine could cure him. He fasted on auto-urine for two days, massaged with urine for 15 minutes daily and used to drink urine about four times a day. He was particular about dieting. He was completely cured.

5. Shrimati Mahima is a self-controlled lady. She had a very big tumour in her armpit. She cured her tumour by urine treatment in no time.

6. Shri Ratimuni related his urine treatment experiences to Shri Hans. In 1961 in Bihar his toe was badly hit and cured it by applying urine-pads. Another time he was operated for some trouble but the surgeon's wound did not heal. so he applied urine-pads and healed the wound.

7. Shri Mangilal Maloviya is a naturopath and he had a bad prick in his left foot. He at once urinated over it and put a urine-soaked bandage over it.

Pain at once subsided and the deep wound healed in no time without any pus formation.

8. Shrimati Prabhavati is 45 and suffered from leucorrhoea. She took urine treatment. She fasted on during for eight days, drank urine for one month and massaged with urine during the treatment. She applied urine-soaked cotton in vagina. She was completely cured.

9. Shri Keshavbhai G. Patel, Manager, Adarsh Dairy, Bombay, suffered from whirling sensation in the brain due to gas or other disturbance for the last 25 years. He used to take myrobalan powder daily but in case he forgot to take it, there would surely be the sensation. He took urine treatment and the sensation has gone for ever and he has left the powder too.

10. Shrimati Ashaben (Red Cross, Chandigadh) has a son who suffered from apoplexy. He could not be cured. Once the disease became very grave. Ashaben began to give him urine treatment. In a few days the body began to recover as he passed out all toxins by way of loose motions and along with it there was a very big worm 7 inches long. The boy recovered fully and the doctors wondered at the speedy and complete recovery of the boy.

Syphilis : Syphilis cases were also the aftermath of cases which were treated after passing away of Shri Raojibhai.

1. Shri Chhaganlal (Mangrol) informs that a farmer aged 30 had syphilis. He was completely cured by urine treatment.

2. Similarly, the same person informs that one Harija. Shri Raja Arjan aged 35 has the same disease and he too was fully cured by urine therapy.

3. Shri Raghubirsingh Chaudhari aged 60 (Village Sirbali, dist. Merath) had syphilis and there was pus formation and burning sensation on the spot. He suffered from this disease for two years. He began urine treatment by drinking it thrice a day and putting urine-soaked pad on the spot during the whole night. He could cure himself only in three weeks' time and could free himself completely from such a deadly disease.

CHAPTER XIX

INTERNAL INJURIES

There is a big trust for the propagation of naturopathic treatment at Malad (Bombay) and a hospital of naturopathy is run by it. Dr. Krishna Verma, an expert nature-curist treats the patients here for the last 40 years. Dr. Verma has written about some successful cases of treatment with urine. Here is the summary :

"Shri Raojibhai Manibhai Patel is not a professional physician. He is a social worker and has published his experiences of urine therapy without caring for the popular likes or dislikes with a philanthropic view for the common welfare. I have purchased and studied the book of late Mr. Armstrong. *The water of Life* and carefully made an experiment on a Bhatia lady according to the method given in the book. The results were satisfactory. As a physician, I was benefited by my own experience also. Here is the story of the case of the lady.

"The lady slipped and fell down. She got some inner injury resulting in disturbance of menstruation. Her system of digestion was also affected and the bowels did not work properly. She developed constipation too. First of all she had allopathic treatment

and when it proved useless, Ayurvedic treatment was tried. The troubles could not be cured. Even chromopathy was tried. But due to the absence of diet control and irregular life, the condition of the woman became worse day by day and she was so emaciated that her life was in danger. Some of her relatives advised her to see me. When I observed her for the first time, her condition put me in doubt about the cure and I refused to treat her. But on persistent request, I admitted her to my hospital.

"The condition of the patient was then serious. Monthly course had stopped, motions were almost absent and she passed hardly about 6 oz. of urine in 24 hours. It was of deep chocolate colour like that of a hours and was extremely ill-smelling. Inflammation was on her hands, feet, breast and eye-lids.

"The treatment was commenced on the basis of Armstrong's book but with a slight difference. She was made to drink as much of auto-urine as was possible for her. Warm water was also given. She was daily rubbed with urine and was given a sunbath. After sometime she was given coconut water in place of plain water. With such a treatment, the quantity of urine gradually increased to 70 to 80 oz. The inflammation was gradually reduced and other complaints were also eliminated. Leeches had applied to extract her foul blood. With such a treatment the woman was cured and led a normal life.

"The question is : "Why should not the public at large avail of this free remedy available ready at hand ?" If anyone wants to propose it he should prove that urine treatment is harmful in some case or the other; otherwise any anti-propaganda is against the public interest. Instances quoted by Shri Raojibhai in his article in June 1958 and in his book *Manav Mutra* are really convincing. They prove the efficacy of urine in treating various ailments.

"Through this book and the article, Shri Raojibhai has presented a simple and readily available treatment for the benefit of the common people and it does not involve an expense of a single paisa. Every

day reader can follow it without incurring any expense or without any difficulty. Moreover it can be carried on everywhere and at any time with complete ease and freedom - a thing after Mahatma Gandhiji's ideas.

"Nearly 40 years ago a famous physician of Bombay who was doctor of medicine from England used to oppose urine treatment. But when during the First World War thousands of soldiers were successfully treated with urine treatment and the boon of this treatment came to light, the same expert doctor, who condemned urine therapy, began to support it!"

CHAPTER XX

INFLAMMATION OF THE BODY, DISABILITY, SNAKE-BITE ETC.

Mrs. Pashiben (Ramnagar, Sabarmati) got inflammation on her entire body. She was admitted to the urine therapy centre on 25-4-61 for urine treatment. She was 25 and had been suffering from inflammation for the past 1 1/2 years. She had consulted a number of doctors and Vaidyas without any success. At last, her father-in-law came to know about urine treatment and decided to admit her in the centre for treatment.

She remained in the centre for 19 days up to 14-5-61. From the day after her admission she was given the following treatment for 19 days :

1. Complete fast for the first two days during which she was given to drink the entire urine and when thirsty she was given boiled water.

2. From the third day, water was stopped and she was given cow's milk to sip a spoonful every time she was thirsty. Later the quantity was gradually increased to 3 pints and then to 5 pint

Drinking of entire urine continued as usual during all these days.

3. She was daily rubbed for about an hours with urine which was 3-4 days old.

With this treatment for 19 days she was 75% cured and on morning of the 20th day, she took leave from the centre but continued the treatment at home.

On 2-7-61, her father-in-law Shri Mohanlal Tulsiram came to the centre and reported that Mrs. Pashiben was completely cured of the inflammation within 12 days after leaving the centre. Her general health had also considerably improved and she had resumed her normal diet.

Disability and Discharge : There were a few diseases which could not be treated by Shri Raojibhai as such cases did not come to him during his time. Some cases of disability and nocturnal discharge were treated after his death and they are worth noting.

1. Shri Narshibhai S. Prajapati aged 36 (village Aghat, via Viramgam) had frequent nocturnal discharges. He came for treatment in the urine therapy centre from 28-7-62 to 4-8-62. His weight increased from 70 lbs. to 80 lb. He was completely cured but still was advised to continue drinking and massage of auto-urine.

2. Shri Chandrashankar Purani (Rama & Sons Watch House, Ravpura Road, Baroda) experienced disability. He felt exhaustion by walking a few steps, had indigestion and felt despair in life. He had constipation too. He took to urine treatment and he got rid of all his troubles and disability too and regained youth as it were.

Snake-bite and Beating : Shri Raojibhai had no occasion to treat any case of snake-bite. But some cases were treated afterwards.

1. Shri Ishwarbhai K. Mehta (Gangasadan, Marave Road, Malad, Bombay-64) had a good chance to treat a case of snake-bite. A young man of 25 had a snake-bite and was about to die. His blood mixed urine was given to him constantly and was continuously massaged with urine. He was saved.

2. Dr. Nanubhai Painter (opposite National College, Bandara, Bombay-50) has narrated his experience of a prisoner who was sentenced to whipping heavily. After the beating a co-prisoner treated him with urine and the victim was readily cured.

CHAPTER XXI

REGULATING POWER OF URINE & CHILD-HEALTH

Dr. Salaria (referred to before) has made deep study of Sushrut. He holds a licence for surgery and practises the same for the past many years. So far he must have performed hundreds of minor and major operations by Ayurvedic method but the truth remains that not a single operation proved to be dangerous for any patient. Dr. Salaria has proved that auto-urine is useful in operation to a very great extent for controlling heart-beats.

In the past months a number of experiments have proved it beyond doubt that urine has the power of maintaining the regularity of heart-beats.

Dr. Salaria operated a woman of 45 for appendicitis in May 1958. An hour before the operation, she was given her own urine to drink instead of usual injections for controlling heart-beats and then the operation was performed. Her heart-beats were maintained during operation. Dr. Salaria was encouraged with the success of the experiments and decided to try it on other patients also. He did accordingly in nearly 15 cases of operation of tonsil, lipoma (a case in which there was tumour weighing 2 lb. on the shoulder), cancer on the right side of the chest and dropsy. In one of the cases, the patient suffered from a big boil on the region between the right thigh and abdomen where the rotten skin had to be excised through surgery and a new piece of skin was grafted. In all these cases, the patients were given their urine to drink before operation which maintained the regularity of their heart-beats.

This account clearly proves that the use of urine maintains the heart-beats of the patient and his blood-pressure also remains normal. I certain that drinking and rubbing of urine togethr regulate and normalize the high or low blood pressure as the case may be.

Let us see the opposite views also. A famous doctor of Ahmedabad is my friend. I informed him of Dr. Salaria's experiement with urine to control heart-beats and also related the above mentioned cases. My real story did not appeal to him. The doctor friend declared that unless and until experiments are carried on scientific lines, he would not be convinced of my thesis.

My doctor friend may be right as far as his personal experience is concerned. It is proper on the part of a responsible person like him not to give any opinion till he has personal knowledge or have experience about it. But it is also true that if a person is ignorant about something, he should not oppose it vehemently. The fact that urine has power to regulate blood-pressure and strengthen the heart is supported by my personal experience also.

Child-health : The custom of making children drink their own urine is still in vogue to cure them of diseases. Shri Keshavbhai Makanbhai Master, (Hajira, Surat) has sent me a report of his personal experience of urine therapy :

"My grand-father was a village Vaidya. He used to prepare Ayurvedic medicines and distributed it among the people free of cost. Folks from nearby villages came to take his medicines.

"Whenever there was an ailing child, my grandfather took him in his lap and as the child passed urine, gave him five to six drops to drink. Then he used to advise mother that if the child feels a thirst for water, she should give him his own urine to drink. That would eliminate the necessity of taking a child to a Vaidya and giving him some laxative. Urine naturally kept the bowels clean and consequently the child would never be ill. Remembering my father's advice, I made use of auto-urine on my children successfully."

AUTO-URINE : NECTAR AND AN ANTI-POISON

There are but two means in the world to preserve and restore health : (i) milk and (ii) auto-urine. Sage Atreya has given these two substances a prominent place in Ayurved for the preservation and restoration of health. here is the substance of Ayurvedic texts on urine :

"Man's urine is salty, pungent, bitter, sweet, light, tonic, appetizer, digestive, and is an anti-poison and destroyer of worms, cough, excessive bile, and gas. It is a laxative. It is a cure of eye diseases too". This is what the great Ayurvedic authorities like Sushrut, Harit, Vagbhatta and others had said about human urine in their texts.

The use of urine and milk has been prescribed for all human diseases by Ayurved. As has been said in different texts of Ayurved milk and urine are homogeneous with human body as they are its products. So no objection can be raised to their use for human body. In Tantric texts, this fluid (urine) has been very frequently prescribed and it has been mentioned that one who uses this fluid gets rid of all his diseases.

Congestion of urine gives much pain and even endangers life. So Ayurved forbids the suppression of urination. Hence its passing out on urge is but necessary. But there is absolutely no harm in taking the passed out urine again to get rid of physical disorders. No where does Ayurved prohibit the use of urine. Vagbhatta says that there is nothing in this world which cannot be used as medicine. The only thing required is that it should be utilised with common sense.

An Anti-poison : Lord Sushrut has mentioned auto-urine as an anti-poisonous substance and a good tonic. Snake-charmers keep a bowlful of urine handy while catching a snake so that he may be able to drink and apply it without loss of time in case of a

snake-bite. In Shivambu-Kalp, it is said that one who drinks urine regularly for six months becomes immune to snake-poison. The same is the opinion of many Jain monks and other *sadhus*. It is very essential that anything read, heard or spoken should be thoroughly investigated and examined scientifically before presenting it to the people for the common welfare. I have always been anxious to have direct and definite proofs that urine has anti-poisonous qualities. In the meanwhile Shri Chandrankant came in my contact. He had been an ardent social worker of Kapadvanj and had come in to close relation with an ascetic Vivekanand Saraswati whom he often visited. Shri Parikh suffered from fever and catarrh. He could not get rid of these complaints in spite of various treatments. At last he resorted to urine cure. He started rinking and rubbing urine and was cured within a week. Later he informed the Swamiji about his urine experiment and subsequent cure. Swamiji welcomed the news and said : "Urine is a nectar." Thereafter Swamiji related a number of his personal experiences with urine.

On 30-9-59 Shri Chandrakant Parikh accompanied me to see Swamiji. At the first sight Swamiji appeared to me to be 55 but later on it was revealed that he was 78. We had a good deal of talks. He related : "In my native place Bareilly, (U.P.) there is a custom to give auto-urine in case of snake-bite. It is said that Chandan Goh is a highly poisonous creature and that there is no remedy for its bite. One beaten by it definitely loses his life. But auto-urine has the power of nullifying the effect of the poison of this creature too. This fact has been ascertained by a number of incidents which took place in my native place.

"There was a person who illegally dealt in opium. This was disliked by his wife and she daily used to ask her husband to give up the disreputable profession. But the latter would not listen. At last the wife became desperate. In the absence of her husband, she came to lay her hands upon nearly 30 gms. of opium which she dissolved in water and drank it. Consequently she fainted within half an hour. As soon as her husband returned home he was at once very anxious

about his wife's condition. It was almost evening. He came to me running and narrated the whole incident. I asked him to collect the urine passed by the boys in the neighbourhood and make his wife drink it the whole night. Following my advice he collected urine of about 15 boys in the locality and gave it to his wife the whole night. She came to her senses in the morning and her life was saved."

Swamiji narrated another incident : "Ahmedabad Municipality had started killing stray dogs by poisoning. Unfortunately my dog also got involved in that by chance. My dog took his share of poisoned sweets from other dogs by force. Consequently he too was affected by poison. As he came to me staggering, I at once suspected that he had been poisoned. So I made him drink a glassful of urine. Within a short time the effect of poison disappeared."

Apart from the above incidents, Swamiji quoted a number of other illustrations about his successful experiments with urine.

CHAPTER XXIII TOOTHACHE

Manubhai too Converted : An interesting episode took place one evening in our society regarding urine. Some young workers of Ahmedabad Congress take a good deal of interest in criticizing urine therapy. They have nicknamed auto-urine as "Kaka-Cola" in fun. So whenever somebody complained of any minor trouble, they at once recommended "Kaka-Cola"! I enjoyed their remarks. One night about 9 p.m., all these friends were sitting in a house in my neighbourhood in Panchsheel Society where I lived and these were gossiping heartily. Shri Manubhai Patel, organizer of Gujarat Pradesh Sevalal and once a Deputy Minister of the State, was also sitting along with them. He was suffering from toothache for the past one month and as the gums started bleeding, he consulted a dentist. The doctor suspected pyorrhoea, which meant extracting the full set

of teeth. Shri Manubhai was narrating this story when I reached there. I suggested to him urine treatment. He interrupted me and said that he had no faith in it and a hearty joke followed. According to him it would be advisable to channelize all municipal urinals towards urine therapy centre and there to bottle urine on a mass scale, label it 'Kaka-Cola' and to put it in the market and make an additional source of income to the Ahmedabad Municipality ! All his friends sitting there had a very hearty laugh at this big joke at my cost ! Even then I insisted upon an urine-pack on his gums that night.

My request did not appeal to him and so he kept silent. But he got at 5 a.m. and per force applied a urine-pack due to acute pain in the tooth and then slept again. When he got up at 5 a.m., he experienced a magical effect. There was great relief and the entire pain had vanished.

Consequently, the antagonism that Shri Manubhai was harbouring against urine therapy evaporated by this experience. He related this experience to his friends with great enthusiasm.

Shri Manubhai then continued the treatment. He pressed out foul blood and mucus from the gums and went on taking mouth-washes with urine. He also drank it a little and by the fourth day he was all right. Later on a friend of Shri Manubhai's company told me joking : "You have converted Shri Manubhai as well !"

AFTERMATH OF CASES

1. Shri Hans knows Shri Banarasidas Brahmachari who too is a propagandist of urine therapy. Shri banarasidas had toothache in 1966 all of a sudden. He began urine gargling and he found great relief in only 20 minutes. In three days he completely cured his toothache by only gargling of urine.

2. Shri Haribhai Desai (Ashadeep, Brahmapuri, Baroda) informed in his letter dated 15-2-62 that his homoeopath friend uses urine therapy for himself and willing patients to cure their diseases. He could cure pyorrhoea of one patient by this treatment.

3. Shri Hans very enthusiastically narrates that he found many of the inmates of the Brahma Vidya Mandir, Pavanar (Wardha) using urine therapy for self-cure. They have shown great interest in this therapy.

4. Shri Balkobaji, younger brother of Shri Vinoba Bhave, has evinced great interest in urine therapy and considers it as a branch of Naturopathy. He advises people to use this therapy if he finds that they have faith in it.

CHAPTER XXIV CONCLUSION

When I started writing the chapters of this book, I did not expect that enough material would be available to draw suitable conclusions. But by God's grace, I have got the desired material. I have deliberately avoided in this book the accounts and statements which appeared dubious. What is stated herein has been thoroughly scrutinized. Nevertheless 'to err is humna', so I ask for pardon for any error made inadvertently.

Sincere Research Needed : To me urine is not a subject of medical science, so this book had not been written with a view to propound a new branch of medicine. Urine is a perfect tonic for the restoration of health and for the destruction of maladies. It gives even an aged person the vitality and vigour of a youth. It acts also as an anti-poison. In fact urine is a natural equipment of the body, provided not only to man but to every living being from the very birth. Urine can never fail if treatment is taken systematically. Late Dr. Armstrong of England evolved a method of this treatment after long experience for years together and did not meet failure even in a single case. So there was not a single chance of criticising the healing fluid as defective or ineffective. We too shall have to evolve a similar method and experts in anatomy and pathology will have to

make a thorough research. But such a research will neither require much time nor create any complexity unlike other therapies. What is required here is the concentration and honest and intelligent labour on one fluid only. In allopathy, it is quite possible that years may pass in the study of diseases and experiment with thousands of medicines even on a single disease. Still two allopaths may disagree in choosing a particular medicine for particular disease ! Urine therapy is far from all these defects. Here a single liquid is a sure cure of all diseases. The only thing required is the proper understanding of the condition of the ailing person. As a matter of fact even diagnosis is unnecessary. But it is essential that the vitality of the patient, local climate, the quantity of urine to be used, the method of application, the diet before, during and after the treatment etc., should be fully considered beforehand. The follower of this treatment should be careful in his general behaviour also because mental attitude also plays an important role in the physical health.

A Treatment with Self-restraint : The accounts of the most of the cases which I have received have one common purpose and that is people want to survive somehow by whatever means it may be possible. Moreover it has been our habit not to do anything methodically or rationally. But this would not be allowed in this treatment. otherwise it would bring discredit to this therapy. One should not take up this treatment if one lacks in self-restraint, moderation in food and lacks patience.

I have to put a question to such half-hearted patients who have been benefited in spite of their being unrestrained. But what would they have said if the results were unfavourable ? Would they have boldly admitted that it was only due to their own faults that harm had been done to them ? I do not think such would have been their reaction if the result was not good. Naturally persons with selfish motives would have given an odd name to urine therapy to achieve their own selfish ends. Hence I do not have the slightest hesitation in warning the patients that they should not practise this therapy

3. Shri Hans very enthusiastically narrates that he found many of the inmates of the Brahma Vidya Mandir, Pavanar (Wardha) using urine therapy for self-cure. They have shown great interest in this therapy.

4. Shri Balkobaji, younger brother of Shri Vinoba Bhave, has evinced great interest in urine therapy and considers it as a branch of Naturopathy. He advises people to use this therapy if he finds that they have faith in it.

CHAPTER XXIV CONCLUSION

When I started writing the chapters of this book, I did not expect that enough material would be available to draw suitable conclusions. But by God's grace, I have got the desired material. I have deliberately avoided in this book the accounts and statements which appeared dubious. What is stated herein has been thoroughly scrutinized. Nevertheless 'to err is humna', so I ask for pardon for any error made inadvertently.

Sincere Research Needed : To me urine is not a subject of medical science, so this book had not been written with a view to propound a new branch of medicine. Urine is a perfect tonic for the restoration of health and for the destruction of maladies. It gives even an aged person the vitality and vigour of a youth. It acts also as an anti-poison. In fact urine is a natural equipment of the body, provided not only to man but to every living being from the very birth. Urine can never fail if treatment is taken systematically. Late Dr. Armstrong of England evolved a method of this treatment after long experience for years together and did not meet failure even in a single case. So there was not a single chance of criticising the healing fluid as defective or ineffective. We too shall have to evolve a similar method and experts in anatomy and pathology will have to

make a thorough research. But such a research will neither require much time nor create any complexity unlike other therapies. What is required here is the concentration and honest and intelligent labour on one fluid only. In allopathy, it is quite possible that years may pass in the study of diseases and experiment with thousands of medicines even on a single disease. Still two allopaths may disagree in choosing a particular medicine for particular disease ! Urine therapy is far from all these defects. Here a single liquid is a sure cure of all diseases. The only thing required is the proper understanding of the condition of the ailing person. As a matter of fact even diagnosis is unnecessary. But it is essential that the vitality of the patient, local climate, the quantity of urine to be used, the method of application, the diet before, during and after the treatment etc., should be fully considered beforehand. The follower of this treatment should be careful in his general behaviour also because mental attitude also plays an important role in the physical health.

A Treatment with Self-restraint : The accounts of the most of the cases which I have received have one common purpose and that is people want to survive somehow by whatever means it may be possible. Moreover it has been our habit not to do anything methodically or rationally. But this would not be allowed in this treatment. otherwise it would bring discredit to this therapy. One should not take up this treatment if one lacks in self-restraint, moderation in food and lacks patience.

I have to put a question to such half-hearted patients who have been benefited in spite of their being unrestrained. But what would they have said if the results were unfavourable ? Would they have boldly admitted that it was only due to their own faults that harm had been done to them ? I do not think such would have been their reaction if the result was not good. Naturally persons with selfish motives would have given an odd name to urine therapy to achieve their own selfish ends. Hence I do not have the slightest hesitation in warning the patients that they should not practise this therapy

unless they can observe all the necessary instructions repeatedly tressed in this book.

Control of the Tongue : I feel irritated when I see recipes in the local daily papers. Citrous, sour, bitter and sweet articles of food produce *vaat*, *pitta* and cough and have strange tastes and effects. Thus nutritious food materials are converted into poison. The house-wives adept in preparing such varied recipes think themselves to be very clever. But they never realize that preparing such foods in only a waste of time and money. Such foods affect the health of the family members very adversely. It is a crime against humanity and nature to destroy the natural nutritive elements in the foodstuffs in making them more palatable. Gandhiji has said, "One who has conquered his senses has conquered the world." He has rightly added, "One who has conquered the tongue, has conquered all the senses."

I wish to point out that one should take up this treatment only on the basis of information given in this book and should fully observe all the warnings given therein. If he does accordingly, there is not the least doubt that he will be fully benefited. On the other hand if the patient becomes careless, he will not only invite danger for himself but also bring a bad name to this therapy.

A Boon to the Poor : The method of urine treatment invariably gives great relief to all. Rich people may adopt expensive conventional methods of treatment to get rid of their troubles but the poor are no longer able to afford modern modes of treatment. Thus this novel method of treatment has proved to be a boon to the poor. I know that many young men start their study of medicine in order to serve the poor and the sick. But very heavy expenditure for their medical studies becomes a great burden to them. So to meet their expenses and maintain their standard of life, they become professionals and look at their practice only from the business point of view and thus the mission for the service of the poor is thwarted. In urine therapy, however, there are no such temptations because there in every patient is a doctor for himself. It

is a technique by which even an illiterate person can preserve his health by the natural means at his own disposal quite freely.

Proof Self-revealed : Scriptures mean a well planned compendium of great thoughts and experiences of savants. It is essential for the progress of knowledge to adopt a generous and open-hearted attitude and should answer all the queries and doubts on the basis of the scriptures and at the same time with a searching mind. To stick to one's own views dogmatically and condemn those of others repeatedly would necessarily lead to the falsification of one's own views. Such narrow mindedness in the field of knowledge brings danger to knowledge itself.

The power of auto-urine also does not need any external proof as its utility is self-revealed. That is why the author of Charak has summed up its qualities in two words only, i.e., it is anti-poison and is a tonic. No savant would say more than this. It deserves all the attention of persons engaged in the service of human health.

Great Supports : Ayurveda describes the properties of urine of eight types of animals. The urine of those animals may be beneficial to human beings as, specified by Charak but it is worthy of research to have findings of the effects of their own urine on their systems. They instinctively use their urine to get rid of the disease once for all. The same holds good in the case of human being and human urine too. The urine of a person may be as Ayurveda describes hot, bitter, bile-increasing and inflammatory but it is so only to another person. I do not think it advisable to use the urine of other person and it is not scientific too. It is not at all prescribed in urine therapy. That is why urine therapy is in reality auto-urine therapy. Other person's urine can be used only in exceptional cases like snake-bite, etc. when one's own urine is not available. In such rare cases it can be used in external application only. It means that the urine of a healthy person can be used only externally and in drinking only very exceptionally as in snake-bite or so.

Most of the people begin to opine after a mere cursory reading

of the book and without having full deliberation the subject. But on the basis of my own and others' experience, I can say with all the emphasis at my command that human urine is harmless and always beneficial. Used methodically and in proper doses, it is efficacious in all diseases. I say this not as an authority but on the basis of experiences of a number of patients from India and abroad. The statement of the well-known Vaidya like Shri Bapalalbhai and a writer on Ayurvedic subjects, cannot be doubted when he unreservedly supports urine therapy. He has written on the experiments which he had carried out as true and enquiring Vaidya. Similarly the description of two T.B. patients cured by Dr. Gunanidhi Bhatt by means of urine therapy is no doubt genuine. All the descriptions of the cases in this book are genuine facts based on self-experience. There is absolutely no exaggeration in the presentation of all these cases.

Must Be Made Universal : The problem is how to make it universally useful. A number of friends have advised me to start hospitals where patients can be treated exclusively on urine therapy but I am against it, as I believe that it should become a household treatment. Every mother should be an adept in it and use it like homely medicines. The urine therapy does not require any expenditure nor does it require any storage. The message of urine therapy should reach every home and village. It will surely be evolved into a scientific system automatically. The intelligentsia can very well further its progress and can work out a thorough scientific method. All attempts in this direction are quite well come.

But this much will not suffice. We shall have to make more and more experiments and establish a definite system. We shall have to regularize it and put some restrictions also on its haphazard use. Urine is beneficial in its pure and natural state. I doubt if its efficacy can be improved through any mixture with it. Yet if someone tries to increase efficacy of utility through natural methods, I have no objection. But one should be careful in such an attempt as it would

dabble with its original potentiality. To my mind it would be a vain attempt.

With such an attitude I would agree to start health centres in Gujarat and other parts of India where patients may be treated and restored to perfect health. Similarly Vaidyas, allopaths, dieticians and others interested in medicine may undertake research of this therapy in such centres, but an attitude of devotion, service and self-sacrifice is the primary necessity. They should prepare detailed reports of diseases, case-histories, varying methods treatment from patient to patient, actions and reactions during the course of treatment so that there can be evolved and established a scientific full-proof system.

The intelligent reader is requested to give a fair trial to this system. In case, it is proved beneficial after personal test, it should be given proper recognition and publicity. If there is any fault, every effort should be made to eliminate it. It is also hoped that in near future leaders of society will help in starting research centres for carrying out scientific investigation and its propagation.

In conclusion, I wish to repeat two important precautions. First, the urine treatment should not be blamed nor its efficacy doubted in case it is ineffective in some cases due to old age, reduced vitality, high quantity of poisons in the body or due to some other factors. In such cases, one should realise that the predominance of one or more of the above causes have not allowed urine to do its work. Second, the person restored to health by this treatment should not think that he has been permitted all liberty in diet and in unrestricted life. He must observe restrictions in diet and living for maintaining health.

PART IV
WORK AND VIEWS
OF
PRACTITIONERS, EXPERTS AND THINKERS

CHAPTER I

URINE THERAPY IN NUTSHELL

1. Auto-urine is an easy, natural and self-dependent means to health.
2. It is germicide, anti-poison and a tonic.
3. It is a destroyer of disease and restorer of health.
4. It is nutritive, digestive and a unique and sure laxative.
5. It is equally useful to males and females of all the age-groups from childhood to old age.
6. It protects and restores to health every organ of the body.
7. It is incomparable as regards its merits and inexpensiveness.
8. It is harmless, faultless and is in consonance with religious sanctity.
9. It is helpful to a simple and a disciplined life.
10. It fulfils the universal law of circuit.
11. No diagnosis is required in auto-urine therapy.
12. It is a sure cure for all minor and major diseases all at a time.

CHAPTER II

THE CRAZE FOR MEDICINE

By Gandhiji

[Mahatma Gandhi while in South Africa, wrote a few articles in *Indian Opinion* on "General Knowledge about Health". Therein he has given his opinion on the medical profession. He has also quoted a number of physicians. The articles appear to be more applicable today even after a lapse of more than half a century. We are quoting one below because of its great importance for a seeker of true health. Indeed it is quite relevant in the context of the urine therapy. It is worth mentioning here that Gandhiji was a great naturopath in practice and had cured hundreds of patients thereby.]

It is our habit that, at the slightest illness, we rush at once to a doctor, *vaidya* or *hakim*.¹ And if we do not, we take whatever medicine the barber or our neighbour suggests. It is our belief that no sickness can be cured without drugs. This however is sheer superstition. People who suffer from other causes are - and will continue to be - fewer than those who have suffered, and are suffering, because of this superstition. It, therefore, we can get to know what constitutes illness, we should be able to take a somewhat balanced view. "Darad"² means pain. "Roga"³ means much the same. It is right to seek a remedy for pain, but it is futile to take drugs to suppress pain. Actually, the result is often harmful. Taking medicine has the same effect as my covering up the refuse in my house. Refuse which is kept covered will putrefy and cause me harm. Moreover, the covering itself may putrefy and add to the refuse. I have then to get rid of the refuse which has since formed as well as that which was to begin with. This is the fate that befalls people taking drugs. But, if one throws out the refuse, the house

1 A *Vaidya* practises the Ayurvedic and a *hakim* the Unani system of medicine.

2 & 3 Gujarati words for pain, ailment, disease

will become as clean, as it was before. By giving rise to illness-pain [that is] - Nature, in fact, informs us that there exists impure matter in our body. Moreover, Nature has provided within the body itself the means of cleansing it, so that, when illness occurs, we should realize that there exists impure matter in the body and that she has commenced her cleansing process. I should be thankful to anyone who came forward to remove the refuse from my house. So long as he has not done with the cleaning, I might be inconvenienced but I would keep my patience. Likewise if I am impatient while Nature is cleansing the body, which is my home, it will be well again, and I shall become healthy and so free from pain. If I have a cold, I do not have to rush to swallow drugs - sunth¹ [for instance]. I know that some impure matter has accumulated in a certain part of my body and that Nature has stepped in to remove it. And so I must let her have her way, so that my body may be cleansed in the shortest possible time. If I resist Nature, her task is doubled; she has both to cleanse me and cope with my resistance. I can assist Nature, for instance, by getting rid of the effective cause of the impurity, so that more of it does not accumulate. That is to say, if I stop eating for the duration of the illness, thus preventing the ingress of further impurity, and if I exercise in fresh air, I shall also start ejecting the impurity through the skin. That this is the golden rule for keeping the body free of disease, every one can prove for himself. Only, the mind must be kept in a stable state. One who reposes true faith in God will always act in this fashion. The following [thought] will help in bringing about this state of mind : "Even if I undergo the treatment prescribed by the *vaidya* or some such person, no one can guarantee that my disease will be got rid of. Not all those who put themselves in the hands of a doctor are cured. If they were, Mr. Gandhi should not have to write these chapters and all of us would be leading happy lives."

Experience show that once the [medicine] bottle enters a house, it never leaves. Countless persons suffer from some ailment or other throughout their lives, go on adding to the drugs one after the

¹ Ginger dried and ground, is a much used household remedy.

other or go on changing their *vaidyas* and *hakims* in their search for the one who will cure them; finally, having ruined both themselves and others, they die, a troubled death. That famous judge, the late Mr. Justice Stephen, who had lived in India [for a time], once said that doctors introduce herbs, of which they know little, into bodies of which they know even less. Doctors say the same thing after attaining due experience.

Dr. Magendie has said : "Medicine is a great hoax." A famous doctor, Sir Ashley Cooper, has observed : "The science of medicine is based on mere guess-work." Sir John Forbes has remarked : "Notwithstanding the skill of physicians, it is Nature which cures most men of their diseases." Dr. Baker tells us : "In cases of night fever many more patients die of the drugs than of the disease." Dr. Froth declares that it is difficult to find a more dishonest profession than that of medicine. Dr. Thomas Watson writes : "In the most important matters our profession drifts on a sea of dubious hypotheses." Dr. Coswell feels that the human race would benefit immeasurably if the entire medical profession was ended. Dr. Frank avers that thousands have been killed in hospitals. Dr. Mason Good says : "Drugs claim a heavier sacrifice of human lives than do wars, epidemics and famines." We find that an increase in the number of doctors is followed in one place after another by a rise in the incidence of disease. Large advertisements appear in newspapers which do not accept other advertisements. When *Indian Opinion* used to accept advertisements, its workers had to go about soliciting these from others, but as for drug advertisements, their manufacturers pressed them on the journal and would even tempt [us] with large sums. We pay a rupee for medicine which should cost no more than a pie. Most manufacturers generally do not let us know what the drugs are made from. A drug-manufacturer recently brought out a book entitled *Secret Medicines*, his object being to ensure that people are not misled. He reveals therein that the ingredients of sarsaparilla, fruit salt, syrup and other well-known patent medicines, for which we pay from three to seven shillings a

bottle, cost from a farthing to a penny. This means that we pay from 36 to 336 times the actual cost of the medicine. The profit to the dealer is thus 3500 to 35000 per cent.

The reader ought surely to see from all this that it is unnecessary for a patient to rush to a doctor or buy drugs in a hurry. But few will so forbear. All doctors are not dishonest. That every time the drug is harmful, the common man will not admit. To such persons, one may say : "Forbear as much as you can. Do not bother a doctor as long as you can help it. If you must call in one, get only a reliable person and, having called him, stick to him. Consult another only if he so advises. Your disease is not under your doctor's control. If it is given to you to live, you will get well and if, in spite of all that you have done, death comes to you or to your relatives, know that death is no more than a transition."...

(From Gujarati : *Indian Opinion*, 11-1-1913)

The Collected Works of Mahatma Gandhi, Vol. XI

(March 1964), pp. 434-36

CHAPTER III

URINE THERAPY - ALREADY A SCIENCE

I have just now read the book *Water of Life*. The author has mentioned human urine itself as water of life. The urine of animals also is water of life, i.e. the water produced by life or living organism. The new system of urine therapy claims that a good number of ailments can be cured with human urine. The Vaisnavas will disagree with this. They would ask - 'Is urine also a drink?' But the author says that while on one hand the human being spends thousands of rupees for medicines, on the other they do not care to have any benefit from this supreme medicine. Everybody is advised to drink auto-urine. It is a panacea for different diseases. Anybody can come to me and see that book. Shri Raojibhai Patel, an associate

of Gandhiji in South Africa, has written a book in Gujarati entitled *Manav Mutra* (The Human Urine) on the basis of the book. This subject has also become a science. It is, therefore, advised that in future urine and stools should no more be objects of hate.

From an address by Saint Vinoba on 4-4-1959

CHAPTER IV THE FOLLOW-UP WORK

Every mission requires a follow-up work. But unlike politics, missionary work itself creates its own missionaries and workers. Urine therapy is a missionary work and it has created its own pioneers for its development and propagation. It is a universal remedy and it is developed in different countries to a greater or lesser extent. From the foregoing chapters it can be seen that it was known in England and Armstrong gave it a scientific form. Protestant priests in Africa used to cure the natives by urine therapy of their own and they had two books on this therapy with them. They gave them to Dr. Manubhai Patel, District Medical Officer of Mehasana when he was in Africa. In India this therapy was commonly known to the grandmothers and the artisans. It is very well mentioned in Ayurvedic and other texts. Shri Raojibhai took up Armstrong's thread and experimented not only on himself but on his relatives and friends and the mission spread automatically. So urine therapy began to develop. Shri Raojibhai was not alone to do experimentation in the field of urine therapy. Shri Juthabhai Shah gave Raojibhai Armstrong's book and introduced him to this therapy and at the same time carried on his own experimentation on urine. Dr. Manubhai Patel also knew about this therapy from the Protestant missionaries in Africa. Some allopathic doctors also knew about this therapy and they used it to cure thousands of patients during the first and second World Wars. All these facts

prove the universality of urine cure. But somehow it could not become popular. It required missionaries for its development and propagation. Armstrong in England did a real pioneering work in this field. Shri Raojibhai took up his mission and gave it a great impetus not only to its propagation but to its development by experimentation. Urine therapy by its very nature is in a way easy for a trial and hundreds of people took up his suggestion to cure themselves by auto-urine. There were hundreds of successful cases of urine experiments and the experimenters gladly wrote and informed Shri Raojibhai of their successful urine treatments. It was a self-styled propagation of urine therapy. But there was the moving and guiding spirit of Shri Raojibhai to give impetus to the self-styled experimenting patients whenever they required guidelines at the time of difficulty. So the idea of urine therapy caught fire and began to spread automatically. It was as if in the air and at that very time there were others too, who were independently thinking and trying to propagate this therapy.

Such a worthy person was and still is Dr. Paragjibhai D. Desai. He had read Armstrong's book of his own in 1955. He first tried this therapy on himself and found it very useful. Himself being a doctor and an eye-specialist, he could very well understand the limitations and abuses of medical science. He was the only popular eye-specialist in this area of South Gujarat during the years between the two great World Wars. Being a very experienced doctor and having an altruistic attitude of mind, urine therapy caught his imagination and he began to use it on some willing patients and thus he began to gather sufficient material in support of this therapy. When Shri Raojibhai began to propagate this therapy he heartily welcomed his activity and so naturally after Shri Raojibhai's demise, his mantle fell on Dr. Paragjibhai's shoulders. Now he is 82, but he works so hard for its propagation and development that it seems the spirit of Shri Raojibhai has entered his body! Once somewhat shy, he has now become an active propagandist of urine therapy!

Dr. Paragjibhai has already started two urine therapy centres at

Bulsar and at Bombay for the last seven years. For sometime he used to visit Poona and Baroda and Ahmedabad to give guidance to patients in urine treatment. He was honoured for this philanthropic work in an assembly at Bombay presided by Shri K. K. Shah, the present Governor of Tamil Nadu. Dr. Paragjibhai desires to start a research hospital of about ten beds if monetary donations come forward. He has already moved the matter with Sate Government.

Dr. Salaria's silent and steady work cannot be forgotten while the follow-up work after Shri Raojibhai is being described. He has his own humble hospital at Ahmedabad but he tries urine therapy on willing patients only. He is very enthusiastic about this therapy and does silent but concrete work in the propagation of this therapy. Similarly Shri Hansraj 'Hans' too is a silent worker who has great faith in urine therapy and has translated Shri Raojibhai's book *Manav Mutra* into Hindi with a devotional spirit. He naturally does his best in the propagation of this therapy among friends and acquaintances.

Bharat Sevak Samaj (Gujarat Branch), its President Shri Pannala Zaveri and his associates are doing splendid work in the propagation of urine therapy. They guide by correspondence the patients who ask for instructions. They publish books on urine therapy and the present book too is an outcome of their efforts and good-will.

CHAPTER V

HUMAN URINE AND IMPORTANCE OF DIETING

By Bapalal Vaidya

In the *Water of Life*, armstrong has described his own experiments and that is the reason why it deserves special attention. The author claims that drinking of urine is a perfect cure of all diseases. The present book opens a new gateway to health and this is a matter of great importance.

Ayurved describes properties of urine of eight types of animals, viz. sheep, goat, cow, buffalo, female elephant, camel, horse and donkey. The properties of every type of urine have been specified. Some of the common properties deserve attention which indicate that during the period of Charak the system of urine therapy was considerably developed.

Common Properties of Urine : It is useful in rubbing the body, as massage liquid along with restorative douche, as a laxative, as a perspirative, and as an anti-poison. It is advised for poultice, fermentation and local baths. Every type of urine increases digestion; it is an anti-poison and a germicide. It is extremely useful for the patients of anaemia. (Charak prescribes it emphatically in the case of jaundice.) The drinking of urine eliminates phlegm, checks gas formation and lowers bile formation. Sushrut states that human urine is an anti-poison.

The author of Ashtang Sangrah describes it (human urine) as salty in taste, because it contains alkalies and salts, as a curer of itching and eczema and an anti-poison.

Bhavamishra also considers it as an anti-poison. Its drinking has the effect of a tonic. It eliminates eczema and itching. It is saltish, as it contains salts and minerals.

A reference of urine comes on Yoga-Ratnaker. It states that the calamine should be soaked in human urine for 21 days and then

dried up in the sun. After that it should be mixed up with black pepper. The medicine known as Laghu-Vasant-Malti could thus be prepared. Thus, we see that the use of human urine in medicinal preparation was in vogue in those days.

In short, Ayurveda has prescribed human urine abundantly and stated it as an anti-poison. Here the word 'poison' includes all types of unhealthy elements, i.e. toxins which are the products of degeneration. Viruses are also included in it.

In spite of such recommendation of wide use of human urine in Ayurveda, it is surprising that we do not have any independent treatise on urine therapy.

There is a book in Gujarati entitled *Akhut Jivan Dori* (Inexhaustive Life Thread). It was published by Yugantar Karyalaya, surat, in 1923 but is no longer available. Shri Chandulal Lalubhai Govardhandas is its author. Shri Ratilal Tanna of Yugantar Karyalaya told me that the book contained a couple of pages on urine treatment. I have not come across the book as yet. Shri Tanna also told me that the author of the book used to drink auto-urine regularly. This fact was also supported by Shri Natavarlal Malvi of Gandiv Press. The said author lived a long life and continued urine-drinking till his death. I am also told that it was drinking of urine which bestowed on him such a long life. Shri Tanna also said that Shri Chandulal had written the book by the inspiration of Poliglott-a Norwegian hermit who knew many languages.

The author of *Siddha-bheshaj-mani-mala* states the following on the basis of his own experience which deserves attention :

"The application of urine on a wound or burn is still in practice. A wound is readily healed if washed with urine."

I would like to write a personal experience of urine. Once the stump of a tree struck in the chest of my mare and there was a deep wound. At that time, an experienced elderly person advised me to collect the urine of all the family members and mix some powder-ash in it. It was to be sprinkled on the wound of the mare

with a cloth tied at the end of stick. I did accordingly and the wound was healed within a short time. I think it would have taken months to cure that wound in a veterinary hospital.

In childhood we used to pass urine on wounds in order to heal them. It hardly needs mention that such a wound never became septic. In Europe also the practice of urination on a wound was prevalent.

The Vaidyas prescribe rubbing of cow's urine for eczema and itches. Rubbing of cow's urine mixed with salt and dried ginger removes eczema and itching. Human urine also is useful in skin diseases.

The mere thought of drinking urine makes one to hesitate. But this reluctance disappears once urine is taken somehow. The English author rightly describes it as the 'magic fluid.'

Dieting : A treatment, however, efficacious it may be, fails to produce the desired result without proper diet control. The efficacy of urine treatment has already been proved. Yet diet control is necessary along with it. It means, a regularity in diet as well as in living habits according to seasonal changes is essential. All the diseases are caused by the disorder of Vat (Gas), Pitta (Bile) and Cough (Phlegm). Before breaking out in the form of a disease, they are gradually accumulated. If accumulation is stopped and drained out, the disease is checked. The phlegm is accumulated in autumn and becomes acute in spring season. The best remedy for phlegm is vomiting. The phlegm therefore will not cause any disease if it is drained out in autumn through vomiting. The diet in this season should be free from fats. Bile is accumulated during the rains and it breaks out during winter. Care should be taken in monsoon to keep away the bad effects of bile. As soon as the rains start, the excess of bile should be purged by laxatives. Bile-increasing diet should be avoided at all costs during rains. Diet should be sweet, juicy, liquid and cool. Eatables fried in oil, spiced and condimented food-stuffs increase bile. Gases begin to accumulate during summer and breaks

out in monsoon. If enema is taken in the beginning of rains, the trouble from Vat is eliminated. Sweet, sour, saltish and juicy diet eliminates gas trouble, and is therefore preferable to stringent and spiced food. In short, a life regulated by the laws of Ayurveda, keeps one healthy and free from diseases. Even if there is an attack of any disease, it is extremely mild.

Body-purification at the Time of Seasonal Change : The regulation of diet and daily life along with a dress according to season are essential for health. The purification of body is not given due importance nowadays and its value is not understood as it should be. The allopathic treatment is mainly suppressive. In this treatment, the causes of disorders are not eliminated but are suppressed and these suppressed ailments appear again in a form of a new disease. It is, therefore, advisable to mould the daily and seasonal life as suggested in Ayurveda. The preventive cure is not confined to diet only but includes living habits and good and regular conduct also. As the sour and saltish food increases bile, similarly anger too produces the same effect. Dry, cold and heavy diet causes excess of gas, similarly sorrow and anxiety, etc, are also responsible for it. Sweets increase phlegm similarly inertia, stupidity and lethargy have also the same effect. In short, prevention includes everything-daily life, mental attitude, seasonal life, diet and conduct. They must be taken into account while considering a disease.

Only right conduct can eliminate disorders. It is well said - 'Medication is unnecessary if right conduct is adopted', because disease can be eliminated if life is controlled and regulated.

Urine treatment is useful in the diseases of bile as well as disorders of cough and gas. In case of disease arising from bile, the treatment of blood as well as of bile should be adopted. For this, laxatives and fasts along with elimination of sour and stringent food in diet is necessary. If this is neglected during the treatment, urine therapy will prove ineffective. It is needless to say that urine treatment along with fast, fruit diet or milk diet is a sure remedy in

all troubles created by impure blood and bile.

Ayurveda mentions 20 diseases caused by phlegm. The troubles like drowsiness, excess of sleep, lethargy, wateriness of mouth, desire for hot food-stuffs, excess of urine, dullness, absence of hunger are the effects of phlegm. In these disorders urine treatment is very advisable. In them repeated vomiting and fast and a fatless diet excluding milk, ghee, cheese, oil and sweets are useful.

According to Ayurveda a number of diseases are caused by the trouble of the gas. The gas or the Prana has been called 'fuel for the machinery of the body' and it sustains the body. In the medical terminology it is equivalent to nervous system and nerve-force. Any kind of gas-disorders results in diseases of the sense organs. Gas trouble is dominant even in the diseases of bile and phlegm. Needless to say that urine treatment is useful in all these troubles. Gas is caused by sleeping in day-time, strenuous physical labour, sex-indulgence, waking in the night, worry, mourning, neglecting nature's call, eating sour things, loss of appetite and injury to the tender parts of the body. Dry, cold and insufficient food also cause gas trouble.

Urine treatment is extremely useful in troubles due to phlegm. Permanent cold, chronic asthma, heart-trouble, loss of appetite and indigestion can be effectively treated by urine if it is accompanied with fasting, vomiting and dry food. One should not be scared of fasting. The organism can very well withstand fast as long as foreign matters are present in the body. The foreign matter is completely eliminated when heaviness in the body, loss of appetite, indigestion, congestion of urine and stools are removed and the patient develops good appetite for food. At this stage light diet can be taken. This is why treatment prescribes fast.

Naturopathy is generally regarded as a foreign system of healing. Its techniques are also more or less similar to urine therapy. Naturopathy has been well advocated in Ayurveda also. It is unfortunate that we do not understand the simple principles of

Ayurveda. There was a time when fasting cure was commonly practised in India as a natural way of healing. But fasting did not mean only abstaining from food. Charak says-

"The fasting cure includes four kinds of purification, (vomiting, purgation, douche and elimination of impure blood), control of excessive thirst, airbath, sunbath, treatment by digestion-stimulants, fast (abstention from food) and physical exercise." (Charak Sutra Ch. 22. Verse 18)

A second meaning of 'Langhan', -the Sanskrit synonym of fast, -is, any method by which lightness is acquired by the body. But nowadays, as said earlier 'Langhan' is taken for fast only. If fast is necessary for a patient, the physician should look into his vitality. Fasting should not be prolonged for such a long period as it may sack 'the life substance' itself. Care should also be taken to preserve the strength of the patient because it gives the power of resistance. Fasting can serve no real purpose if the strength of the patient fails.

A disease is like a red signal to a moving train. It is nature's warning for rest. The patient should therefore suspend all activities of visiting, service, study, etc. and take rest in bed with a peaceful mind to relax the bodily organs.

Orange juice is generally prescribed these days during any illness. But sweet juice should be avoided in the diseases due to phlegm as it is cough-producing. It is contra-indicated in cases of asthma, cold, catarrh and indigestion. Moreover the poor cannot easily afford such costly fruits. In the Indian system of medicine, in the place of orange juice, lentil soup and vegetable soup containing garlic, ginger, black pepper, Dhania, Gira, etc. is prescribed. Ginger, garlic and black pepper are extremely useful for patients suffering from phlegm.

Bitter juices are advisable for patients suffering from excess of bile. Such a patient should take vegetables like Methi, karela, milk and sweet fruits. Sweet, bitter and pungent juices are beneficial.

Diet should be light and in moderate quantity so that it may be

easily digested. Tea and coffee should be avoided during treatment. It is good to take a boiled extract of Tulsi, Phudina, green tea, pepper-mul and black pepper.

CHAPTER VI

THE BEST MEANS TO PHYSICAL HEALTH

By Dr. Maganlal O. Salaria

When Rudra cut off Daksha's head, the Ashvinikumaras rejoined it at the request of the gods. Shankar also joined the head of his son which he had cut himself. Such examples are plenty in Ayurveda and mythology. It indicates that both gods and demons possessed the knowledge of Ayurveda. There was a competition between them and each party tried to excel the opponent in the development of Ayurveda. They were in search of a method whereby every disease could be cured with the minimum of medicine. The sage Atrey in Charak Samhita has specified the uses of urine and herbs for curing diseases. On the other hand Lord Shiva and his followers have prescribed iron, poisons, pearls, jewels, ruby etc. in their system of treatment. At the end, they have proved that mercury alone can cure all diseases.

In Europe they have done a good number of experiments and researches in order to reduce the number of medicines. First of all. Dr. Hanemann created the system of homoeopathy. He showed to the world, that the medicines prescribed by allopathy and taken in large doses has the opposite effect than when taken in very small quantity (in high potency) as prescribed in homoeopathy. For example opium is useful for stopping motions but the same taken according to the system of homoeopathy removes constipation. Later on his disciple Suschler confined himself to twelve medicines only for treating all diseases. In America Dr. Burgess invented Epsomopathy and successfully cured many types of maladies by

epsom salt. Out of this salt, he made seven preparations which are applicable to all types of diseases. In 1921, when I was a student in National Medical College (Bombay), I knew a famous Vaidya treating all the diseases with only three medicines. While sitting in his clinic, he used to keep only three bottles on his table labelled as Vataghna (cure for bile trouble) Pittaghan (cure for bile trouble) and Kaphaghna (cure for phlegm.) He used to feel patient's pulse and prescribe a mixture of the three in due proportion for internal and external use. I tried my best to know the secret of the above three medicines but he did not disclose it till the end. This mentality of the Vaidyas is quite improper. Later on I came across a book entitled *Rasa-Mangal*, published by Gondal Rasa-Shala. In the very beginning I read about the extracts curing Vat, Pitta and Kapha troubles which satisfied me.

The Tantras indicate that there was a practice among Aghoris to use urine and stools as medicines. In Jain scriptures also a monk has been advised to take his auto-urine while practising short or long *Pratima* (Dhyana). In *Rudrayamal Tantra* under the chapter 'Shivambu-kalpa', Lord Shiva had described to Parvati the virtues of urine removes all diseases and bestows upon man a long life. Further *Ayurveda* and *Rasa-tantra* also have prescribed urine along with subsidiary medicines. The sage Atreya has prescribed eight types of urine to be used as medicines. They belong to herbivorous animals only. In addition *Sushrut* has prescribed human urine also as medicine. One can ask why sage Atreya did not describe the utility of human urine in spite of the fact that it is more useful to man. One can see that the urine of animals is useful to themselves. The sage Atreya has also stated that the eight types of urine are useful to human beings as well. Why did he not refer to human urine? The simple answer seems to be that he did not feel any necessity to describe a very well-known and an apparent fact. The benefit of the existence of the sun does not require any introduction. It is sufficient to say that human urine is anti-poison and a tonic. The old Vagbhatta mentions the urine of deer also in

addition to the eight well known types. It emphasises that urine of only herbivorous animals should be used for treatment. It is well-known that anything generated in the body when used as medicine or in surgery is called, autogeneous. Accordingly auto-blood is admitted into the body without any harm. Similar substance when taken from a living being of the same or similar class is called homogeneous.

On the other hand if something of medicinal value is derived from a body of an animal of dissimilar class it is called heterogeneous. The sage Atreya has included in his system the eight types of urine according to the third category. While Lord Shiva in his description of human urine has adopted the first category. Declaring it to be completely harmless, he has advised its use in every diseases. The school of Atreya proposes myrobalan for the healthy and fast for the sick. But Lord Shiva emphatically prescribes urine for both - the healthy and the diseased. There is a wide difference in the method of application also.

The foregoing description suggests that Shukracharya possessed a single life-giving substance. Ashvinikumars also probably possessed a similar medicine which made them popular among gods. There are examples that Lord Shiva cured every disease with mercurial preparation of urine (Shivambu.)

Urine therapy requires neither pulse-reading nor any diagnosis. It is such a simple and efficient method that by drinking it, the healthy men strengthen and maintain their health while sufferers get rid of their maladies. The only thing to be taken care of is that the patient should observe fast and live upon urine as long as normal health is not restored.

The dose of urine invigorates the heart and brings the patient to senses. That is why I have begun its use in my surgical cases and I venture to say that I have met with wonderful success in 16 major operations. In no case was there the need of giving injections of saline, plasma or blood.

Take Middle Portion : In conclusion, I would like to add that in applying urine therapy the patient should take the middle portion of his every urination for drinking and the first and last portion should be collected in a bottle and that should be utilized for rubbing or massage. This is shown in old texts on urine in India and especially Kalidas in King Bhoja's time has definitely given this suggestion for urine therapy. This is so because the first and last flow in every urination contains more salts and the middle portion is comparatively purer and more uniform in contents. This suggestion is worth applying at least for experimentation.

CHAPTER VII

URINE THERAPY & AYURVEDA

By Vaidya Karunashankar R. Trivedi

Just as the Aryan culture and religion are not the contribution of one individual person, similarly Ayurveda is also not a creation of one man. Just as Aryan culture is the synthesis of many glorious traditions, similarly Ayurveda also represents a mighty spring of all the healing sciences. A certain system of healing may appear entirely new but it is likely to have its roots in Ayurveda. The physicians may regard urine therapy to be a new one but its roots are to be found in Ayurveda. With all humility and strong conviction I wish to state that urine therapy instead of being un-Ayurvedic is fully supported by Ayurveda.

Whenever some baby in a family suffers from any trouble, the grandmother at large still advises the young daughter-in-law to give the baby its own urine to drink. Ordinarily everybody born in a village must have had a taste of his own urine on one occasion or the other. In villages the practice of giving children their own urine to drink is age-old. It is a matter of common experience that urine thus taken does not cause any harm but on the contrary proves

beneficial for the child's health.

Ear-trouble : From my personal experience I know that any ear-trouble disappears with the drops of fresh or little warmed-up urine. I still remember an incident of my childhood, when I was a student of class eighth. Once I was sleeping on a marble floor of a temple along with my brother and a friend, during night, a centipede entered into my ear. I, a mere boy, was upset with the trouble. The gatekeeper of the temple told me - "Nothing can be done during the night. Put your urine into the ear and wait for the result till morning." My brother dropped my urine into my ear. In the morning I was frightened to see the centipede torn into pieces, sticking near the ear-lobe.

Human Urine : It is mentioned in Bhavprakash (Part I, Chapter on "Urine") that human urine is alkaline, saltish and sharp. It is antipoisonous and removes eczema. Taken internally, it acts as tonic. If a thoughtful person is not carried away by the attractive labels and advertisements of medicines, pouring in every day with enchanting names, he will realize that human urine which is described by Ayurveda as atonic banishing old age and restoring youth, should not be neglected. Similarly it maintains an equilibrium of all the seven substances of the body and keeps the power of digestion in good order. It is said to possess the quality of removing the effect of poison.

In Ayurveda cow's urine is already used for purification of metals and to destroy their poisonous effects. The word 'Anti-poison' has wide and far-reaching sense. It means the destruction of poison not only that of snake-bite, scorpion-bite or metals but that of the organism, i.e. toxin also. In this age of unhealthy living, the propagation of such anti-poisonous substance is a noble and holy mission. I make this statement without any reservation and in all humility and wish to associate myself with this noble undertaking.

CHAPTER VIII

A LINK WITH INDIAN FOLK MEDICINE

By Stanislaw R. Burzynski

The main interest of our research are the compounds which we have named Antineoplast. They have very potent anticancer activity, without causing any harm to the normal human tissues. In the last year we were able to treat successfully 14 different types of human cancers including bladder, colon, tongue, breast, lung, ovarian and uterine cancer - all of them with metastases to distant organs, even to the brain? The results of these studies, are in press now. Antineoplastons, which chemically are medium sized peptides are produced by healthy human tissues and are present in blood and urine. At the present time we are isolating them from normal human urine. The concentration of Antineoplastons in urine is very small and usually it is necessary to process 29 gallons of urine to obtain a daily dose for one patient. This amount of the medication is dissolved in a very small volume and given the same way as Insuline injections. We were able to have a complete remission in four to six weeks in medium advanced cases. At the present time we do not see any adverse reaction. It is my great pleasure to know that in India you have good results with autouro-therapy, because it may support our theory. Western medicine took a lot from Indian folk medicine. We are glad to know that our therapy may have the links with natural treatment done for centuries.

CHAPTER IX

A REVIEW OF URINE THERAPY

(In Question-Answer Form)

By Raojibhai Patel

I have seen from correspondence that many readers of this book care neither to understand the subject nor to think over the directions properly. I have therefore given below a review of urine therapy in the form of questions and answers. For detailed directions and guidance, the readers are requested to see the relevant sections in the book.

Q. Which diseases can be remedied by urine therapy?

A. Urine is not a medicine for any particular disease. It is a means provided by nature to keep up the health of the body and cure and disease thereof irrespective of any denomination.

Q. Do you mean that even diagnosis is unnecessary?

A. It is not necessary to diagnose any particular disease. Auto-urine itself traces out the disease in the manner a police searches out a thief in hiding and turns it out.

Q. Can you give an example or two?

A. I shall clarify the point by illustrating a historical fact. Perfect health is essential for initiation in yoga practices otherwise concentration is likely to be disturbed by bodily disorders. Even mild attacks of catarrh, headache, dysentery or stomach-ache, etc. are likely to disturb meditation. It is therefore essential that a practitioner of yoga must be free from all physical troubles. But how to accomplish it? The mystics of India out of intuition or out of long experience found out the sure cure of urine for such troubles.

Q. It is really wonderful, but why was this philosophy of this sure unknown till now?

A. This old philosophy and cure never disappeared at all. It was round about us and is still there; but our modern prejudiced mentality does not allow it to be understood. Insects, birds, fishes and quadrupeds, etc. are already using this means instinctively. Only human beings intoxicated by their intellectual power have neglected it. They are using their skill and knowledge mainly for selfish ends.

Q. Do you mean that human beings should not utilize their intelligence which God has bestowed upon them?

A. Man should use his intelligence in co-operation with nature. To go against nature is a misuse of intelligence and contrary to human welfare. Now the same substance, which is used by animals profitable through sheer instinct, is used by man after intelligent and careful thought; and it can yield far better results.

Q. How is it that we happened to forget such a valuable substance?

A. We have lost the real substance in the false pursuit of external polish.

Q. You will have to admit that this natural substance is imperfect in one respect. It is not tasteful and its smell also is not likable. Is there any way out of this?

A. Your argument seems correct only apparently. Taste and smell are a matter of individual habit. An African Negro dislikes the fragrance of 'Khas' and abhors it. A teetotaller dislikes the very smell of wine. In my opinion, likes and dislikes of a particular taste or smell are merely caprices or habits which hold good as long as one's interest is not affected. We are willing to swallow the extremely bitter and ill-smelling medicines to get rid of physical pains. The main consideration, therefore, is not objective but subjective. In the bygone months, I made a good number of persons to drink urine. They were reluctant in the beginning but gradually were accustomed to the taste and smell of urine and freed themselves from the clutches of pernicious, obstinate and chronic

diseases.

Q. Is it not desirable that its smell and taste are removed through some chemical process?

A. I am doubtful about its practicability. A person's own urine is useful to himself in its natural state. According to medical science also its utility is confined to that organism only. The deficiency caused by the loss of certain ingredients from one's body can be made up only if they are restored only by auto-urine. If the smell and taste or urine are chemically changed, it is doubtful whether those ingredients will not be affected. This fact should be, examined scientifically. I believe it will lose its value considerably in any chemical process.

Q. Will you please tell me something about its application on different diseases?

A. I have already said that urine does not cure a particular disease only. It is an invaluable gift of nature to preserve and restore spoiled health. This point must be kept in view while using it.

Q. Will you tell me something about urine?

A. It is clear that a healthy person does not require the use of urine daily. Even then, he can continue to take it in small doses as a precautionary measure. During the time of an epidemic or even prior to it, such intake of auto-urine has a great precautionary value.

Urine can be effectively used in any disease as follows :

1. Take it regularly in proportion to the gravity of the disease and constitutional requirement.
2. Keep fast exclusively on urine and water as it is necessary to eliminate all toxins in the body.
3. Rub old urine on the entire body for considerable time every day.
4. In case of wounds, swelling, eruption, burns, etc. when rubbing is not possible, the patient is advised to keep a piece of

cloth soaked in urine on the affected part and keep it constantly wet by sprinkling urine.

5. A soaked piece of cloth is also advised for delicate parts like stomach where rubbing may not be comfortable.

Q. Will you tell me about the right way to begin with urine treatment?

A. Yes. knowledge is very necessary for a novice. The patient is advised to be extremely careful and methodical in its application. No feeling of hesitation, abhorrence or uneasiness in drinking urine should be entertained. He may begin with rubbing. Meanwhile he should try to overcome the feeling of nausea. For that he can rub his teeth and gums with urine which will give an additional benefit of strengthening them.

Q. Will you please tell me more about the procedure?

A. One is advised to start with drinking urine after about a four days' rubbing. Early in the morning after leaving bed one is advised to clean the mouth, collect auto-urine in a glass and drink it with complete faith. He may drink a little water after that. If the treatment is adopted in this way and one is gradually accustomed to it, there is no fear of any adverse reaction. Any abrupt step may cause reaction. We should try to avoid it as far as possible.

Q. Is it that a certain number of fasts is required in a particular case?

A. Nothing can be said beforehand regarding the duration of fasts. Sometimes major troubles are accompanied by minor ones. As the rubbing and drinking is begun, minor troubles start disappearing from the body. A number of diseases are cured merely by rubbing. Diseases of serious and chronic nature are also removed by rubbing and keeping fast on urine and water. It is difficult to specify and time-limit for a particular disease.

Q. Is there any likelihood of other troubles arising during the treatment? What is the remedy for it.

A. If the treatment is started carefully according to the prescribed manner, there is no danger of other trouble in the beginning. But during the process of cure, urine cleans out every part of the body of all its impurities. The filth, phlegm or any other foreign or foul matter obstructing blood circulation or nerve currents, is eliminated by urine. This process of elimination is executed in three ways : 1, Loose motions, 2. Vomiting and 3. Boils or eruptions. Sometimes, itching or heat-eruptions appear. This should not cause fright. It only indicates that urine has begun its function of internal purification. We should firmly continue our experiment and wait for the result. No medicine or any other foreign substance should be administered in spite of heavy pressure or inducement of friends, relatives and dear ones. Any transgression of this warning deliberately or unknowingly is open to serious danger.

Q. How long such reactions are likely to continue? Will they subside by themselves?

A. These reactions will subside by themselves as toxins are eliminated. The patient should wait peacefully and allow urine to do its function without any interruption.

Q. Does not the fast weaken the patient in this condition? How long can he sustain his strength?

A. No doubt a fast on mere water weakens the patient but the intake of urine preserves physical strength as its alkalines and other useful elements supply the required nourishment. However in serious and obstinate cases a longer fast becomes necessary and in case the patient feels weakness, he is advised to undertake fasts of smaller durations. Thus if a fast of ten days is necessary, it can be broken up into two parts. During the interval the patient can take a nourishing diet of fruits, vegetables, etc. The only way this type of fast differs from that of continued longer duration is that it may take some days more to bring the desired effect.

Q. How to terminate the fast?

A. Full care is necessary while breaking the fast. Ordinarily it is

advisable not to resort to full normal diet for as many days as the observing of the fast. One must always keep in mind that taking solid diet immediately after the fast is dangerous.

Q. What diet do you prescribe for the patient after complete cure?

A. It is a difficult question because wrong diet is the chief cause of all disease. We do not know what, how much and when to eat. We have cultivated wrong habits of eating everywhere, anywhere and whenever offered anything. Moderation is of the utmost necessity on the part of both the guest as well as the host. The relations between the guest as well as the host in our society are such that they violate all the rules of healthy diet. At times we are so merciless with our stomach that even after taking full meal at home, we accept an invitation of a friend to dine in a hotel where fried and unhygienically cooked edibles play havoc with our stomach. In order to make them palatable, a lot of extra spice is also taken with it. I can never over-emphasise that these are the ways of inviting trouble. Anyone desirous of maintaining health must do away with such bad habits and conventions.

Q. Will you kindly say precisely what kind of food is harmful?

A. The formula suggested by Gandhiji in this respect is worth remembering : "One should eat according to the demand of the stomach and not that of the palate. One who has conquered the palate has conquered all the senses."

The quantity of starch in the diet should be as little as possible. Overmuch of cereals and their preparations should be avoided. The dinner should always be taken three hours before going to bed. The following substances should however be altogether excluded from the daily menu : (1) White sugar, (2) white flour and its preparations, (3) pasteurized milk, (4) polished rice, (5) tobacco in all forms, i.e. smoking, eating or snuffing, (6) all intoxicants, (7) preserved juices or fruits, etc., (8) vegetable oil.

Q. How are we to cure the troubles of the ear, eyes, etc?

A. The substance which is useful for the general organism is naturally useful for its parts also. It should be kept in mind that the disease of the eye, ear or nose are not isolated diseases. Troubles of these parts result from the toxins in the body. If the whole body is attended to and purified internally, the troubles of the senses and organs disappear of their own accord.

The treatment for the troubles of the ears, eyes, skin, etc. is the same as already suggested for the general diseases.

Q. Do you believe that people will give due consideration to the utility of this therapy and accept it?

A. I do not worry about it. It is neither my business nor my profession. The truth which I have experienced has been placed before the afflicted world. Everybody with a desire to be free from a disease and having a faith in this treatment will automatically adopt it. Others by folly or ignorance may not accept in the beginning but after trying other systems will not hesitate to take resort to urine therapy. I do not feel any need to be impatient about its propagation.

One should not adopt this treatment half heartedly or in a haphazard manner. Prescribed rules and regulations must be followed without exception; otherwise a failure would result from sheer negligence and may bring bad name to the system of urine therapy as a whole.

In conclusion, I must say that this system of treatment is not fully developed and requires and up-to-date research with proper facilities. Obscure and long-forgotten practices should be traced out and new methods should be developed on the basis of varied experiments. This will naturally take time. May God bless all with happiness.

CHAPTER X

EXPERTS' VERDICT AND WORTHY OPINIONS

After the logical treatises on urine therapy by various practitioners, it is worthwhile to hear the verdict of modern medical experts on the subject. Here are some very revealing statements :

1. "An extract from human urine shows great promise for treatment of certain deadly diseases caused by formation of blood clots." Research physicians said at the scientific sessions of the American Heart Association. This extract is called 'Urokinase' and it activates substances in the blood stream that dissolves the clots..."Experience has been obtained with about 200 patients with Pulmonary oedema, the most common serious lung diseases," Dr. Sherm pointed out.

Press Report : San Francisco (U.S.A.), October 24, 1967 (A.P.)

2. Normal human urine has been found to contain a powerful artery-dilating agent resembling nitro-glycerin in its ability to increase the coronary blood flow of the cardiac muscle, used for the relief of angina-pectoris.

Extract from the Science Digest, July 1958

3. The two researchers found unexpectedly last year that the urine extract which they call "Directin" when added to the culture medium causes all the cancer cells on which it has been so far tested, to align themselves end-to-end into straight rows.

From the Report to the Federation of American Society for Experimental Biology, April 1966.

These extracts are the independent verdicts of the expert medical men and researchers. Nobody can ignore them. Now here are some important opinions of some experts on modern medicine :

1. "The Diabetes which ranked 20th as 'killer' a few years ago, now ranked only 7th. Diabetes can be controlled and not cured." -

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Statement of Dr. S. S. Ajgaonker, Vice-President, the Diabetes Association of India.

2. "Millions of persons will be infected by parasitic diseases over the next 20 years and medicine will not be able to do anything about it, due to the development of drug-resistant bacteria and germs." - Mr. N. G. Candan, The Director General of the World Health Organisation.

This expert opinion on the present state of modern medicine clearly conveys that allopathic medicine cannot cure 'killer' diseases. In such a state of affairs, it is only urine therapy that can be a sure cure for them.

After knowing the verdict of the experts, it is worthwhile to know and understand some important opinions of worthy and wise men.

1. Shri Hansraj Hans is a practitioner of urine therapy and is its good propagandist too. He himself has experimented on auto-urine and could cure his gout, and other minor diseases to a great extent. He could find it a great purifier of the whole body. He could get rid of his constipation too. He uses it in place of a soap and as tooth-cleaner too! So he opines that auto-urine serves many purposes for him- as eye-drops, as tooth-cleaner, as soap to clean his body and hair and is a pain-killer to him in many a way!

2. Shri Kakasaheb Kalelkar says that like auto-urine there was mentioned auto-perspiration in ancient yoga-literature whereby perspiration due to exercise should be so much massaged that it would dry on the skin. Auto-blood injection is a well-known method today used for certain diseases. Similarly auto-urine can well be a logical therapy. He suggests, too, that like homoeopathic medicine, urine-extract may be tried and its essence in very minute and subtle doses of various potencies can be a subject of research.

3. Shri Balakoba Bhawe, brother of Shri Vinoba Bhawe, states that urine therapy is a wholesome therapy and is very useful in having self-help in the field of medicine.

4. Shri Santabalji considers urine therapy to be a boon of nature and a blessing bestowed by God on man.

5. Shri Dinubhai Joshi, an advocate of Bombay High Court, discloses that many an educated and even judges have cured themselves by urine therapy. The State Governments should open up a new department for the propagation of urine therapy and should appoint a minister for its task. Only by such steps Government can provide an easy and free therapy to the poor and the people at large.

6. The last but not the least, there is an ancient verdict on urine therapy in Southern Shaivaganga "Tirumandiram" (Stanza 830) which describes human urine as a divine and most powerful medicine. God Nandi has shown this sure-cure of all diseases. The truly wise person considers urine as the best of all cures. Its prowess is indescribable.

All these opinions are worth considering with a detached mind. It can be seen that almost all religions, all ancient Indian sects including the Jains and the Buddhists have considered urine cure to be a sure cure. Even the modern researchers are also slowly but unreservedly approving the sterling qualities of auto-urine. All these opinions and verdicts are good eye-openers.

PART-V

SOME RECENT SUCCESSES

CHAPTER I

BAD COLD AND COUGH

By Hansraj Hans

It was early 1977, January 20, when I met the learned lady Yashodharaji, her erudition and Spartan devotion to health care were delightful. Incidentally, I had occasion to ask her to try auto-urine daily as a necessary regimen for making the body healthy and strong. She was then 30. It would be an advantage to listen in her own words to the account of her recovery :

(i) "I was a chronic patient of bad cold. Gradually it grew and doctors diagnosed T. B. For nine long months I underwent allopathic treatment. Hundreds of injections, tablets, capsules, mixtures, etc., were administered. The body grew heavy but there was no sign of the ailment growing light. Ayurvedic medicines and the nature cure rituals proved futile. Coughing up of blood and phlegm from the throat could not be stopped.

The veteran Acharya Tulsiji sent me to Momasar in 1976 for auto-urine treatment. For 25 days under the supervision of Bhojraj Sancheti a long urine-cum-fast treatment was carried out with great devotion. There were many ups and downs. But I endured everything with a do-or-die determination.

For fifteen fasts the coughing bouts at times were of several hours' duration, accompanied with severe pain but never even contemplated giving up the fast. Cough is Nature's sure device of separation and ejection of saturated mucus.

On the 20th day I broke my fast Gradually raising my diet from liquids, to butter-milk and then milk; I began taking bland food. I practised the *Kunjai* for several days. Occasionally small spots of blood appeared in the vomit. After two months, I resumed the fast which continued for 21 days. Enema twice daily separated and excreted layers of mucus. After extensive discharge of phlegm and mucus I resumed food step by step.

Blessings from Gurudev, devoted nursing by co-working sisters and determination of physician - all brought about the happy atmosphere that became conducive to my successful fight against the hardships. Long accumulated foreign matters in the body were evacuated on by one and in the same measure I was restored to my health.

I am now fully recovered and have experienced lightness of body. since my recovery I have never tried any medicine even when I am occasionally assailed by my old ailment which I repel by dietary precaution and nature cure.

Gurudev's blessings have lent me such a remedy that I can afford to dispense with doctors and their potions. At last I am released from the long-suffered illness. It is only said of the sadhus that they are blessed only with their wishes, never with that which is not wished."

(2) Sister Siddha Prajnaji's report of her recovery :

"I was a bad patient of severe cold when Acharya Tulsiji opened his training centre. The severity rose to such a level that I was in critical condition. I became pencil thin. Nights brought excruciating aggravation. Ayurveda, Homoeopathy, allopathy - all proved futile.

At last in 1976 I ventured to adopt auto-urine therapy of Shri Sanchetiji with belief and trust. With three days' auto-urine treatment my cough vanished. I could not pursue the fast owing to extreme weakness. I switched on to light diet of juices and ragi (छन्ना) water.

The result was I had eruptions from head to foot and it was difficult to lie down or even sit. Yet I never lost patience and endurance. And I was amply rewarded when at long last I was free from suffering which in fact influenced other sisters in the ashram.

Now in the training centre this effective remedy has been accepted by all for cold and cough. student sisters have now accepted this and have gained recovery from the ailment several times."

CHAPTER II

DRY COUGH AND OTHER COMPLAINTS

By Hansraj Hans

Shri Manikchand Baradia hails from Dungeregarh (Rajasthan) though settled at Balua-kaliaganj (Dist Purnia, Bihar). Wrong living in childhood had made him a victim of one illness or the other. Western medicine gave some temporary relief occasionally. Once a three-year bout with cough rendered him lighter by several hundred rupees.

His wife had regained health owing to auto-urine therapy and so Manikchand also agreed to try it and came down to Momasar. His condition was miserable. He suffered from breathlessness, dry cough, constipation, excessive hunger with absence of normal thirst, insomnia, gastric gases and quick fatigue.

Treatment began with fasting. Daily two-hour massage was given. During fasting he was prey to several complaints like growing palpitation, eruptions all over the body, dysentery and vomiting, etc, Shri Sanchetiji assured him that all the poisons of the Western medicine are being uprooted. And indeed when the impurities got discharged he was free from all ailment. He broke his fast on the 15th day and after a couple of months he was restored to normal health and vigour.

Asthma and Cough : Shri Niranjan Dev Jain (Former Tera follower Sadhu Nathmalji Charbhujia), Jainendra Gurukul, Panch Kula (Haryana) manages the kitchen in the ashram. He narrated on 29-11-1976 how he was relieved of the suffering :

"I am sixty now. In 1962 I was down with asthma and cough. My complaint was so acute that others sleeping in the vicinity could hardly have a wink. Everyday about 200 gm phlegm was thrown out. Cough would result in chest pain and nights would bring further aggravation. Allopathy and Ayurveda were of no avail to me.

In Bihar, I yielded to Shri Chaturbhai Patel's persuasion and accepted auto-urine therapy. People had given me up as living on borrowed time. I started intake of urine four or five times daily. I did not use it in massage nor did I fast. Of course oils, chillies and sour things I avoided. I took some sugar and rice with milk. In the first month I could register almost one-third progress in the direction of recovery. This strengthened my courage and faith. By the end of another couple of months I was fully healthy and normal. Now the body is so strong that it can never remind anyone of the miserable days of old terrible sufferings. For the last 13 years I take urine twice before bedtime which moves bowels and I have motions in the morning without any difficulty."

Hereditary Complaint of Asthma : I happened to meet Shri Chhaganbhai solanki at Gramodyog Mandir, Pendak, Rajkot on 17-2-1977. He works in the leather workshop, there for the last several years. He is 60. He incidentally disclosed to me that he had been suffering from hereditary asthma from his boyhood. During winter his complaint would take severe turn. He was a chain-smoker and even ate tobacco.

Some ten years ago at my instance he gave up tobacco and started taking his urine daily twice or thrice. Within six or seven months his asthma took his leave.

CHAPTER III

CANCER OF THE UTERUS

Kaviraj Ramswarup Kaushik reports :

Mrs. Surjit Kaur of Longodeva (Jeera, Dist. Ferozpur, Punjab), 33 years of age, was given up as hopeless case of cancer by the Ludhiana physicians. Then she, accompanying her father, came to me on 3-3-1974. After examining her thoroughly, I told her, 'If you undergo the treatment with faith and patience you will be all

right.' I put her on fruit-juice, prescribed auto-urine drinking daily thrice and urine massage for an hour every day. She was restored to full health within three months' treatment.

In the Jeera region the lady doctors had planted loops in several women under the family planning campaign. Several of them complained of discharge from their uterus. This resulted in several cases into cancer of the uterus while some also developed tumours. They were experiencing pain; movements became restricted; there was foul stench from inside. I got their loops removed. They were administered their own urine by changing its colour. The douche was also given with the same. This continued for a month. Four cases were completely successful. The discharge also stopped.

Cancer of the Liver : Mrs. Champa Devi is a widow of Jeera. She is 57. She came to me on 11-5-1974, suffering from tumour of the liver, diabetes and blood pressure. A thorough check-up-revealed that her liver was assailed by cancer. She had undergone treatment at the Rajendra Hospital, Patiala for five months. She was discharged by the doctors as a case beyond medical cure. She was relieved of all her complaints after a couple of months of regular auto-urine treatment. Her eyes that were yellowish and swollen due to the disease came to their normal state by washing with urine. She is now completely cured.

Cancer of the Vagina : Mrs. Mayadevi is wife of Lala Tirtha Ram, aged 35. Tirth Ram has opened a big hospital in Moga (Punjab). It was inaugurated by Sathya Sai Baba.

Mayadevi was having pain in the abdomen. Doctors ascribed it to complications in her menstruation. Treatment by them only aggravated her condition. On taking an X-ray print it was found that her vagina was infected. When she was operated upon at the Mission Hospital at Ludhiana it was found that she had cancer of the vagina and her life was in danger. She was therefor brought back to her own hospital.

I examined the patient and knowing the case history started

CHAPTER V

DISEASES OF THE INTESTINE

1. Sluggish Intestine : Shri Bhojraj Sancheti stays in Momasar (Dist. Churu, Rajasthan). He is 58. For the last 15 years the meals in his home have been cooked bland - without chillies, spices and beverages like tea and coffee have been given up. He has been doing social service and welfare work for the last decade. Hundreds of patients have been benefited by his nature cure treatment and urine therapy based on his own experience and have been relieved of their complaints and are leading healthy and useful lives. He narrated his findings of the urine therapy on January 11, 1977, as follows :

"At the age of 47 my digestive system became weak and the intestine almost stopped working. Any amount of the customary treatment would not bring any relief. In these days of desperation my attention turned to yoga. Yogic practices gave me much relief and so my faith in them grew stronger.

Resolved to effect complete cure, I submitted myself to the treatment of Dr. Ravindra Chaudhary of Ranipabia, Dist. Purnea (Bihar) and thus I was initiated in the nature cure therapy. By the almost three-and-a-half-month treatment I derived many benefits but could not be said to have restored completely to health. This was the period when I had the opportunity to make a regular study of nature cure.

In 1970, I had occasion to visit Bombay. There by the Jain monks and other I was introduced to the urine therapy and developed a desire to apply it in my own case. On returning to clacutta I read twice the book *Arogyaka amulya Sadhan - Swamutra* (The Priceless Panacea for Health - Auto-urine) and that led to a firm faith in this therapy and I resolved to bring it into practice. I was then a victim of influenza and it was raging. About four-five days' auto-urine

treatment drove away the fever. When I returned to Momasar I was caught by typhoid which was driven by 21-day auto-urine regime.

The experience I gathered during these days of suffering formed the basis of my application. This invaluable and simple remedy in hundreds of cases of various ailments which invariably resulted in complete cure and restoration of health and had I kept a record of these cases it would have run into useful and welcome book of reference to the public. I can vouchsafe on my experience of hundreds of cases that during their treatment there never was any untoward effect or harmful reaction as a result of this treatment.

All other medication, both indigenous and foreign has been banished from my home and members of my family are invariable profited by this therapy."

CHAPTER VI

DISEASES OF KIDNEYS

1. Diabetes and Heart Diseases : Shri Ghanshyam Keshav Vyas, 65, is former teacher in the prestigious educational institution Sharda Mandir. Medical examination revealed that he had blood sugar, blood pressure, enlarged heart which had affected his kidneys and the lungs and limbs had swellings. He had recourse to insulin injections, Dejojyn, Lactix, and multi-vitamin tablets, but to no avail.

Ultimately at the instance of his old friend Shri Chandubhai Dave he adopted auto-urine therapy. All the urine he released daily he drank, flushed his nostrils with it, washed his eyes with it for ten minutes, gargled with it, placed wet-pack of urine on his pate for reducing baldness and massaged limbs with it. He has given up salt, ghee, oils, jaggery and sugar. This practice he has so far continued for the last six months.

Earlier sugar count in blood was 210 mg. which came down to

130 mg. Now he has discontinued insulin injection. Daily he takes only half a tablet of Diolin. Now the blood pressure has steadied at 130/85. All swellings have subsided. He is regaining his old health. Body is active and mind is full of cheer. Appetite is normal. Walks daily two miles slowly and yet has no breathlessness. He is so enamoured of the therapy that he is always all praise for the old and new votaries of the auto-urine therapy for which he feels gratitude.

- EDITOR

2. Kidney Stone : Shri S. K. Pandit. C.I.B. Officer, Raipur (M.P.) aged 45. From 1970 he had pain in his right kidney. After trying all types of treatment in 1975 under the supervision of Shri K. G. Pandit he resorted to urine therapy. He was kept for a month on urine, water and milk, as he could not sustain a fast. He would eat greens and fruit in ample measure and would take *triphala* (an Ayurvedic medicine) for bowel movement. He would drink urine thrice and massage with old urine. His pain has gone. For the last two years he feels no complaint. But since a fourth of the hardened substance (stone) still remains he is advised to continue the urine and massage treatment.

- EDITOR

Shri Natwarlal Ambalal Amodawalal writes in his letter of 5-9-1977 :

"On May 30, 1977 I began feeling pain in my stomach. And then for the whole day I could not pass urine so got myself admitted to Civil Hospital. The surgeon declared that I was a case of kidney stone. For thirty days I took medicines and injections which gave considerable relief. During this period in the hospital a book on auto-urine therapy came to my hand. I followed it and practised auto-urine experiment. After continuous three months' practice of the therapy I have been completely free from the ailment."

3. Pain in Kidneys and Chest : Shri Gurnam Singh is a big building contractor of Ludhiana (Punjab). He used to suffer from pain in the chest and the kidneys. He got himself admitted at the

Gandhi Nature Cure Ashram, Falloura and underwent treatment for two months without any cure. The local urine therapist Shri Vijay Kumar Gupta, Advocate, advised him to adopt urine therapy. This he accepted and within 15 days got himself restored to health.

- EDITOR

4. Albuminuria : The *Mumbai Samachar*, 19-7-72, had published a report of the recovery of Shri Kiran Dhirajlal. The following is its translation :

"In 1963 I became a patient of albuminuria. Doctors stated that allopathy had no remedy for it. Six weeks' allopathic treatment could make no effect. At last, dejected I came to Bombay with my father to get proper treatment. The medical experts there also said that it had no remedy. Three months' stay in Bombay and allopathic treatment too could make no dent on the complaint.

So at my father's instance I began the auto-urine treatment. I used to drink all the urine I could pass. On the fourth day examination of urine showed that there was no strain of albumen in urine. Whatever was not possible for more than four months' allopathic treatment, was accomplished by auto-urine therapy in three days. After a few more days' treatment of the same I was fully restored to health. I am now fully hale and hearty.

On the strength of my experience I encouraged others to resort to urine therapy. Those who have undergone this treatment with faith and patience have been fully cured. When an old woman suffering from a few incurable diseases and was counting her last days on deathbed, someone introduced her to urine treatment. And she is wholly restored to health due to auto-urine therapy.

5. Blood appearing in urine passage : Shri Chandramani Pandey writes from Chaudi (Dist. Nalanda, Bihar) on January 25, 1974 :

"My mother is about 52 years old. For the last five years she used to bleed through her urine passage. One day she even became unconscious due to unusually heavy flow of blood. Though

she was admitted to a Patna hospital, after examination the doctor said. 'Take her home quietly.' Thus all the relatives were in despair.

Fortunately a neighbour gave a book on auto-urine to my father. Reading this there emerged a silver lining to the dark clouds of despair. After long persuasion my mother agreed to the treatment. She would drink her urine and my sister would massage her with seven days' old urine. In a short while she was cured and restored to health.

The same treatment has profited me in freeing me from five-year-old eczema. Others also are equally being profited by following my example."

6. Pus in urine and backache : Shrimati Kamaladevi Choradia, 30 years, of Sardar Shahr (Rajasthan) was suffering from backache and pus in her urine. Having been thoroughly disappointed with allopathic treatment she went to Momasar to get treated by Shri Bhojraj Sancheti in May 1972. Listening her tale of woe Shri Sancheti warned her : "There are possibilities in urine therapy of reactions and aggravations. Only after patiently and firmly braving them can one acquire freedom from disease." On her amusing him of her eagerness and faith Bhojraj began treatment of urine therapy. On the first day she suffered from frequent vomits and motions. On the second day motions subsided but vomiting continued till three days. But Kamaladevi was not disheartened. On the 14th day the fast was broken with *mosambi* juice. For some days she was kept on juice. Later she resumed her light diet. To be relieved of the gases, headache, etc.- the usual reactions of western medication - she restored to hip-bath. For about two months she drank urine thrice and massaged for two hours. After three or four months she was utterly well and completely regained her health and strength.

- EDITOR

CHAPTER VII DISEASES OF NERVES

1. Paralysis : Shri Pritam Singh works in Gandhi Ashram, Hapur (Dist. Merath). He is 42. His right arm was paralysed and the neck had turned to his left. Both the parts pained. A month's allopathic treatment proved futile. Chaudhri Nekiram, the Ashram Manager, advised him to try urine treatment. After 15 days of thrice or four times in take of urine and its massage in the sun he was completely relieved of both his complaints.

2. Pain in Legs and Other Complaints : Jain Muni Shri Chhajuram thus narrated his experiences of urine therapy on March 9, 1975, in Ambala :

"I am of 70 years. I was suffering from constipation for years. My knees and sleeves were giving me pain for the last 20 years. It was with great difficulty that I could stand or sit down or move about. There was pain and sprain in my chest and stomach, high blood pressure and hypertension, insomnia and loss of appetite. Allopathy could not give any relief. Ayurveda no doubt gave some but not of lasting nature.

Thus I had to resort to urine treatment in 1974. Drank urine several times and massaged with it for 30 minutes every day. Took meals only once every day. Within a week I had some relief; by a month's time I was half way to recovery and by about ten weeks' time I was free from all ailments.

For the last 20-25 years I used glasses. But I had to take medicines for blurred vision. But since initiation into urine therapy, I have stopped taking medicines. I apply urine to eyes also. I also persuade others to have recourse to this invaluable remedy and be profited by it."

After this narration he took me to two persons who have been benefited by his advice.

1. Rampyari of thirty years had irritation in her right fingers and they had sepsis also. But a fortnight's urine-wash made her fingers return to their healthy normal state.

2. Shri Ram Pratap is a carpenter aged 45 years. For the last three or four years he was suffering from cold and occasionally ran temperature also. Even after a year's allopathic medication, it could not tender him any complete or lasting relief from his ailment. It only aggravated constipation. So in 1974 he began to drink auto-urine daily twice or thrice and within ten days or so he was well. During treatment he had given up smoking hukah. Now occasionally when any complaint is felt he takes urine. He thinks, urine to be the most beneficial for strenght and energy.

- EDITOR

3. **Thirty-year-old pain in legs** : Shrimati Bhagavtiji, wife of the famous Hindi writer and thinker, began to feel pain in her legs. Gradually it became so acute that it rendered her invalid and crippled. For a year she was under homoeopathic and for a couple of weeks or so electric treatment. No discernible gain was registered.

On reading about urine therapy she adopted it. Even with her first drought she felt a return of strength.

For seven days she massaged for two hours daily with old urine. Due to certain circumstances she could not proceed with her treatment but she had already regained 70% of her old activity. Whenever there is pain she manages with urine.

She invariably takes her morning constitutionals and eats only bread made from self-ground flour. She has implicit faith in urine therapy.

4. **Sciatica** : Shri Malkiat Singh Gill is Sports Instructor at the Central Public School of the Pherozpur Cantonment (Punjab). He was suffering from nervous ailment of the hips and the thighs. He was also a patient of gastric congestion. He had very little appetite. Nature-cure could not give him complete relief. Urine therapist Shri

Vijay Kumar Gupta, Advocate, treated him under auto-urine therapy and put him on a fast with urine. A fortnight urine intake and massage cured him of all his complaints.

5. **Paralysis and Spindly Shcen** : Miss Saraswati Janwade, 25, elder sister of Ashok Janwade of Indore (M.P.) is a teacher in a Bhilai school. Mr. Janwade narrates how his sister was saved :

"My greatest achievement in the field of auto-urine therapy can be the miraculous recovery of my elder sister. She was bed-ridden for three months. Not to talk of getting up from bed she could not even move her body below waist. Her left leg was slowly losing its tone. Even touching her affected part would give excruciating pain. Some bedsores also had erupted. In this condition I massaged her for two or three hours daily with urine, occasionally even with fresh urine. Giving up all medication she was given her urine twice or thrice daily. Within a fortnight she was half way through recovery and by the end of the month she could get up and move. Today she is fully recovered. It is now only four months since she began her treatment. Her left leg which was getting thinner has regained its natural tonal shape and is fully healthy."

CHAPTER VIII SKIN DISEASES

1. **Eczema** : (1) Shri Lajjaram Chaudhuri who was then 75 years old lived in Tikriwala (Delhi). He had dedicated his life to the service of his country since the Jallianwala Bagh episode. He was a leader in the struggle for freedom. Nowadays he is engaged in rural uplift.

About two years ago, he had suffered from eczema. He massaged himself with (stale) urine for 45 minutes and drank urine once. He was cured within a month. Had he taken a fast with urine he would have been well much earlier. He had also not observed dietetic restrictions.

2. Shri Ravi Jain of 25 years lives in Jammu. His right arm, back, neck and forehead had been affected with eczema. Itching and irritation was experienced all over the body. Pus and blood used to ooze out of sores as large as a rupee coin.

Vaidyas' and doctors' treatment had some effect but on discontinuing the treatment the disease would relapse. His family members also were troubled.

Shrimati Kala Jain advised him to try *Shivambu* (urine therapy). He drank it four-five times a day and massaged every day for an hour. The sores were covered with urine-soaked earth packs overnight and for two hours in the morning. His sores were cured in a fortnight and he was free from the disease within a month.

There were several other cases of recovery from eczema.

2. Pyoderma and Psoriasis : Shri Mavji Gokuldas Asar aged 50 lives in Bombay. Here is in substance what he narrates in his letter to Dr. Paragji Desai dated 1-3-1973 :

"I was suffering from psoriasis and pyoderma for about five years. I tried allopathic, homoeopathic, Ayurvedic and nature cure treatments without any gain. I was so desperate due to my ailment that I was planning to resign from my service and retire to my native place in Kutch. But then my friend Kanji D. Vaidya inspired and encouraged me to have recourse to urine treatment. I resolved to take up this treatment till I am fully recovered.

I followed instructions given in the book *Manav mutra* regarding urine intake and urine massage. In the beginning for a few days I felt nausea, restlessness and weakness. One day while in sleep, I passed urine in the bed. Its colour was like blood. I was frightened and so consulted the Vaidya, who was my well-wisher. He advised and encouraged me to continue the treatment with faith and patience I thereafter gradually recovered and by the end of fifth month I was about 95% cured. Even now I continue to drink urine twice daily, and take occasional massage with it. I am quite certain that I shall be completely cured."

3. Rashes : Smt. Asha Mehta's (see Asthma and inflammation of lungs in Hindi, p. 135) son Analsingh also has faith in urine therapy. Smt. Asha Mehta describes how her son cured his colleague of his skin disease :

"My son's class-mate used to get rashes on his body. My son, who was studying in the Engineering College of Patiala, used to keep two or three bottles filled with his urine. They were labelled "Nectar of Life" 1, 2, 3. Whenever anyone had an injury he would treat it with bottle No. 1, which had urine several days old. Bottle No. 3 contained fresh urine which he used in eye-trouble and similar conditions.

"His class-mate came one day and said, 'You have some medicine called nectar. Give me some. I am at my wit's end owing to these rashes.' He gave some quantity from No. 1 and asked his class-mate to apply it both in mornings and evenings. With a week's application the rashes vanished."

4. Nine-year-old sore : Last year a Jain Muni told me that Shri Satyendra Muniji propagates the urine therapy. In somana Mandi (Punjab), I met him after Divali. He told me that at his instance several people had been free from their respective ailments. He also narrated his own case. He had cured but it turned into a sore. Western and indigenous medicines, even the so-called "germscutter" proved futile. He had to suffer from it for nine years. At last urine massage and urine intake drove away the nine-year-old complaint.

- EDITOR

5. Pimples on the Face : Shri Hansraj Choudhari studies at the agriculture college in Anand (Gujarat). He was much troubled with pimples on his face. At my suggestion he began urine treatment. With the massage of urine and drinking he had free and ample motions. His appetite was refreshed and the skin became soft. After purification of blood and complete evacuation his pimples disappeared and the face became radiant.

- EDITOR

6. Moles on Wrists : Shri Dara Hormusaji Mehta's successful treatment of his wife's moles is narrated in *Kaisar-i-Hind* as follows :

"Some months ago, my wife's wrists were overgrown with small moles. A famous Dermatologist was consulted who prescribed costly medicines and tablets and also frightened by the warning 'if enough caution is not observed the body will be covered with them.' I gave up the plan of purchasing the medicines and asked my wife to keep her affected parts dipped in her fresh urine daily for some time. After a month's treatment all the moles disappeared and the wrists were again as soft and smooth as before."

7. Dry Sore : Shri Ranjitmal Lodha of 32 years lives in Ajmer. In 1976 he developed dry sores on his chest and back. For some time allopathic medicine did give some relief but on discontinuation again the whole condition would return.

Once he happened to read *Arogyaka amulya Sadhan* : Swamutra. On reading it, he began massaging daily for ten minutes with urine. Within 10-12 days his sores disappeared. Now he prevails upon others also to adopt this therapy for any ailment.

- EDITOR

8. Tumour on Chest : (1) Shrimati Indumati Pandit is of 60 years. In 1968 she developed a painful tumour between her breasts. The civil surgeon on examination told that the tumour was not ripe for removal and after about a week he would return from his tour and then operate. Shri K. G. Pandit began urine therapy. He started fomenting the affected part with urine and put hot urine packs also. Within five days' treatment, before the civil surgeon's expected return, the tumour disappeared and not even any sign remained of the painful tumour.

(2) Shri Muni Sampatmalji is of 50 years. The report of his recovery in his words, is :

"For 25 years I carried on my chest a tumour which during one of my peregrinations suddenly began to discharge thick pus. There was

pain also. Swelling and inflammation around it aggravated the condition. Doctors advised immediate operation as they suspected it to be of cancer and warned that failing it, the malignant matter will spread to other regions of the body. I firmly refused to be operated.

"I removed myself to Mamasar (Rajasthan) as advised by Gurudev Acharya Tulshiji. Auto-urine therapist Shri Bhojaraj Sancheti prescribed massage on the tumour. Within a short time, I found miraculous recovery. Within five-six months' time the tumour practically disappeared. Though there is a spot signifying the tumour I am not inconvenienced with it.

"Auto-urine therapy indeed is an excellent and cheap remedy. If followed properly and according to its rules it gives complete relief."

9. Ulcer on the Buttock : Master Godbole is a boy of 14 and lives in Bhilai (Bihar). In 1964 there erupted an ulcer on his buttock. He was to be operated after a week. But Shri K. G. Pandit applied fomentation with urine on the affected part twice a day. The boy felt some relief and went to sleep. Shri Pandit came at 8 in the morning and woke him up. He found that the bed sheet was soaked in blood and pus, as most of the congestion in the ulcer had been discharged. He washed the ulcer with hot urine, and for half an hour fomented the wound and put a urine pack. In the evening when Shri Pandit came, he was surprised to find the boy playing. His pain had vanished. Only once more the wound was fomented and urine pack applied. Next day there was no sign of any wound and he went to school.

10. Swarthy Face : Shri Rank Bandhuji, manager, Gandhi Smarak Bhawan, Chandigarh, told me on 1-12-1976 that a girl's face had become partially swarthy. Even prominent physicians could not give her any relief. A doctor started taking her urine for examination and would return it in his own bottles. She was asked to massage the part with this as also to drink it. In 20 days her blackness vanished.

CHAPTER X

DISEASES OF EARS

1. Aching Ears : Vaidya Karunashankar Ramshankar Trivedi is one of the noted Ayurvedic physicians of Ahmedabad. He writes a medical column every week in *Janasatta*, a Gujarati daily, giving Ayurvedic prescriptions for different ailments. His own experience of urine therapy is as follows :

(1) Ear-ache : This can be cured with quite fresh or slightly warmed urine. This is my own experience. I was young and was reading in the eighth standard. Once we were sleeping on the marble floor of a beautiful temple -a friend of mine, my brother and I were thus asleep when a small centipede entered my ear. I was just a child, I began creating a row. But the temple doorman told me that nothing was possible as it was quite late in the night. He advised us to put some urine in the ear and go to sleep. Next morning everything will be clear. My brother dropped my own urine in my ear.

In the morning we were surprised to see two-three pieces of the centipede stuck to my ear. Whether it was due to urine or whether it came out of its own accord can never be known for sure. But I give all the credit for the cure to the urine and for suggesting this I am grateful to the doorman of the temple.

(2) Shri K. G. Pandit informs that in 1966 in Calcutta a 12-year-old boy Rajendra Gadgil was having acute pain in the ear by putting a few drops of fresh urine in the ear he was so completely relieved of the pain that he went to sleep and could wake up only in the morning. Next day some dirt was found thrown out of the ear and he was completely relieved of the pain.

CHAPTER XI

AILMENTS OF TEETH AND JAW

1. Jaw being impartially immobile : From Jammu Mrs. Kalavati writes on 26-6-1975 :

"My right jaw was rendered so immobile that my mouth would not fully open on the right side. While eating it made noise similar to one heard while chewing ice pieces. I was not able to properly masticate *roti* for about one month, as chewing involved pain. Mostly I was on liquied or semi-liquid diet. I underwent allopathic tretment of tablets, capsules and injections and even radiation treatment, but it was of no avail. At last for a fortnight I drank urine, massaged with urine and placed urine pack on the cheek. This gave complete relief."

CHAPTER XII

COMPLAINTS OF THE HEAD

1. Giddiness : Shrimati Jhamakudevi Vaid belongs to Momasar (Rajasthan) and is of 52. She narrates her case as follows :

"About 13 years ago I was suffering from a disease of the legs. I was cured of it by usual medicines. But other complaints arose. Giddiness, constipation, palpitation, loss of appetite and insomnia. In 1972 I began auto-urine treatment under Shri Bhojraj Sancheti's supervision. I had a urine fast for some days. For about two months I massaged with urine. During the fast I drank all the urine I passed. Later I drank it daily twice or thrice. I had observed all restrictions in diet. Now I am quite well and trust to remain so."

2. Headache for Years : Sister (num) Neetishriji's report of her recovery is as follows.

"I was suffering from headache for years. When the veiris of head dilated, the whole body would tremble. On occasion during cold

catarrh there was bleeding through nose and throat. All treatments - allopathic, homoeopathic and nature cure - proved fruitless. Due to homoeopathic medicines nose-bleeding stopped but sores erupted on my head.

"I was in Momasar to nurse ailing Sadhvis (nuns). Once I was suddenly down with catarrh, bleeding through nose and mouth started, veins of the head dilated. I was averse to drinking urine. I opposed for some time but my opposition failed against the persuasion of the sisters of the Ashram, and as Acharya Pravar had sent us there specifically for urine therapy my opposition was without logic. At last in keeping to the word of the elders I began drinking urine, putting wet packs of urien on head as also massaged with urine. After three days' treatment satisfactory progress was registered. My faith became firm. The treatment continued for several days.

Whenever now I am attacked by cold or headache I have recourse to this treatment and get well. For the last five years I have not taken any medicine as such. This simple and easily available remedy has become my favourite now."

CHAPTER XIII

COMPLAINTS OF THE ANUS

1. Fistula : (1) Kaviraj Ramswarup Kaushik had cured fistula also with urine therapy where report is as follows :

"My close friend Shri Sitaramji Chaudhari was suffering from fistula for 15 years. On the seam between thighs there was an ulcer about two inches long. He used to insert cotton-wool about 20 gms. in the wound and put five or six layers of khadi cloth on it over which he would wear his loin-cloth. He felt acute discomfort. Cotton-wool had to be replaced twice or thrice every day. When he told me that even after two operations the sickness only aggravated,

I told him that if he followed my advice he would certainly be cured. I prescribed soft cloth soaked in his own urine as a fresh pack every day on the wound and drinking of auto-urine. He followed it for two months and was relieved of much of the trouble. Pus formation was stopped and the occasional dirtying when he walked some distance also was stopped. Chaudhari's faith in his cure was strengthened. After seven months most of the morbidity was cured. He had then to go out of jeera. He wrote from his new abode that his complaint was not completely cured. So he was advised *dashang* ointment and he was completely relieved of the trouble."

(2) Shri Chhotabhai D. Chauhan (Nava Deesa, Gujarat) developed a small boil on his anus in September 1976. This later turned out to be the dread disease of fistula, which dissipated his zest for life. Two operations and several injections were fruitless. The wound would fester non-stop.

At last in 1977 he came round to adoption of auto-urine. He dutifully put urine-packs on the wound. The deep wound of about three-fourths of an inch gradually was reduced. Though yet the wound is not completely cured he has at least not to change his clothes twice or thrice a day, and he has firm belief of his complete recovery. Western medicines cost him thousands of rupees and yet no benefit was gained. On auto-urine treatment he had nothing to lose except his discomfort. Urine therapy has such miraculous powers.

2. Bleeding piles : Shri Ramesh Panwar, a servant in the C.I.D. (Vig.) in Ajmer is a strict vegetarian, aged 27 years. He writes on 1-2-1977 :

I was suffering from bleeding piles. My condition was gradually deteriorating due to this disease. I was growing weak, had giddiness, would feel darkness and faint. Several indigenous remedies were tried. I was opposed to an operation. Fate intervened and I was shown the book *Arogya Amulya Sadhan : Shivambu - swamitra*. I read it and steeled myself and gulped down a full glass of my early

morning urine resolutely. For the whole day I was on nerves. I took only kedgerree (khichri) and milk that day. In the evening I had clear motions without bleeding or pain. With one glass of urine I was instantly cured of the four-year-old complaint. With a week's urine treatment the chronic ailment was totally uprooted.

"Daily on waking up, I have replaced my urine for the celebrated cup that cheers" : tea. When I miss my morning glass of urine I feel restless throughout the day. By urine massage, my complexion has become radiant and colour has brightened. A few of my acquaintances also have become devoted to this therapy."

CHAPTER XIV STRAY COMPLAINTS

1. Nocturnal Emissions and Weakness : Shri Ramesh Nathani, B.Sc., D.T.C. is a promising youth. He is not addicted to any dissipating habit nor is given to fineries. For about three years he was embarrassed with nocturnal emissions. With my encouragement he began drinking urine twice a day from June, 1975. And occasionally urine massage also. He could not follow dietetic regime. For the last month and a half there has been no complaint in the night and his weakness also has to an extent been cured.

- EDITOR

1. High Fever¹ : Sheth Nagindas vidyavihar is a famous and popular school of Ahmedabad. Its former Principal, the renowned Gujarati *litterateur*, Shri Jheenabhai Desai (snehrashmi) was attacked by infections virus giving him instant high fever. When not relieved by Western medicines he resorted to auto-urine. With a urine-fast of about ten days his fever subsided. But at some allopathic physician's instance he took *moong* soup which resulted in a relapse. So the soup was given up and the urine fast was resumed for several days. This relieved him of the fever.

¹ this is reproduced from an article by Shri Chandulal K. Dave in *Bhoomi Putra*, 26-6-1975

CHAPTER XV WOMEN AILMENTS

1. Menorrhagia and Hysteria : Shrimati Kirandevi patwari of Momasar (Raj.) is of 30 years. The following is the report of her recovery :

"I was for several years a victim of menorrhagia. I was operated for that at the Dungargarh Government Hospital. But it gave no relief; on the contrary it created hysteria in me and I began to get its attack. Alternatively doctors and Vaidyas tried their skills on me but without any effect. I was daily growing weak. I was kept in the Ratangarh hospital also for one-month and I was operated upon for second time. But the complaint would not leave me. At last with the consent of the family members, I began Urine therapy. For some days. I was on urine fast. About two hours' urine massage and thrice urine drinking every day for a month drove away both menorrhagia as also hysteria. By Shri Sancheti's grace I had almost a new life. I, therefore, request all brothers and sisters to give up recourse to Western medicines and benefit with this remedy."

2. Abortion and Bleeding : Shrimati Vaishali pandit (32 years) was admitted in a hospital for confinement. But there was abortion and she returned home. But as bleeding would not stop she was obliged to adopt urine treatment. It was begun with a three-day urine fast. After the fast she was kept on milk and fruit. She drank thrice daily her own urine and massaged also with it. After a month's treatment under the supervision of Shri K. G. pandit she was completely relieved and well.

CHAPTER XVI

BONE COMPLAINTS

1. weakness of Bones : Pinky of 19 years, stays in Jammu. Her bones were as weak even in childhood that she would collapse on walking even a short distance. Bones of her arms, hips and legs had been fractured. She could with only on all fours. Her body had become very heavy. All current remedies proved unless.

The local urine therapist Shrimati Kala jain put her on a nine-day urine fast. For two-three weeks Shrimati jain herself gave. her daily urine massage for an hour and a half. She took urine five of six times daily. She eschewed whatever was shunned by urine therapy. Mostly she took vegetables and fruits. She was cured beyond expectations within three months. Her heaviness was reduced. Her fingers could move freely in and out. Now she can walk about without any support. She can even work with her hands. She has continued her practice of the invaluable remedy *shivambu*, i.e auto-urine therapy.

2. leg-bone Fracture : Miss Hemlata Hegishte stays in Ahmedabad. She is 56 years old. She is well known social worker of Gujarat. She has so far adorned chairmanship or secretaryship of several government or national organisations working in the field of women's welfare. She got her cramped legs relieved with urine massage. She wrote in reply to my request the following report of her experiment :

- EDITOR

"On January 26, 1956 in a car accident both my leg-bones were fractured. There was a compound fracture about an inch below the right knee. The left also had similar but simple one. Both the legs from thighs to soles were in plaster.

After five weeks, plaster was removed, both the legs were found to be utterly, immobile. They could not be folded even at a slight angle. The knees pained with the slightest attempt at movement.

Doctors opined that the fractures being at the knees it was difficult to get the legs moving. Left leg could as best move a little beyond 90°, and the right could be even less mobile.

Several visitors would come to inquire after my health and would suggest remedies. Many were adopted, two of which were prominent. First, to give steambath to both the legs in the morning and in the evening. The other, suggested by a well-wishing high official, was to have auto-urine treatment. He assured with emphasis that with urine massage both of my legs would be fully mobile.

I, therefore, started massaging with urine (kept overnight) for fifteen minutes daily in the morning; and after about is minutes I would bathe. As I was frightened with doctor's opinion I followed the treatment with firm faith. Had any defect remained in the legs. I would have been invalid to do my daily chores. But I am pleased to report that after 21 days of urine massage the legs could move freely. I can sit with folded legs and my heel can touch my thighs. Even doctors were much surprised to are my recovery. I wish others also are benefited with my experience."

3. Fracture of Leg-bone : Shri Ravi jain is a clerk in the Punjab National Bank, Civil Lines, Ludhiana. He is godfearing and upright and takes keen interest in social work. I met him on 14-3-75. I was informed of his tale of woe about a fracture in his right leg. Despite foreboding on October 19, 1974 he travelled on a motorcycle with his friend and at 8 P.M. met with an accident as they were knocked down by a car that followed. The bones two inches above the ankle were fractured and his right elbow also got injurd. He was at once removed to Chandigarh hospital. He right leg was placed in plaster after operation. For ten days he was in the hospital. In the same place two elbows injury was healed with application of auto-urine within one weak.

When after 98 days the plaster was removed there were sores on the leg and it was swollen and immobile. At the suggestion of his guru Shri Jagdish Mishra he started massaging the leg with three-

month - old urine for twenty minutes daily. Within six weeks he had 75 % recovery - wounds were healed subsided, leg became flexible and within further two weeks the leg was freely movable. It was further cleaned and on guru's advice he began drinking urine from february 1975. This gave his body activeness and his movement speed. He can move about the house with crutches.

He writes in his letter of 17-6-1975. "I have now stopped going in a rickshaw to my Bank. I take a city bus to work and on return I walk home. My movements also are faster now and the swelling too has considerably reduced."

When once he visited Ranian (Dist. Sirsa, Hariyana) for his brother's wedding he found Shri Naginchandra jain walking on crutches. On inquiry he found that his whole body has swollen due to defect of the nerves. He could sit or get up with great difficulty. Doctors had declared him as living on borrowed time. Fortunately he came across a Jain Monk who inspired him to adopt urine treatment. He started massaging his whole body with his urine, and within a few days regained the last strength of stirring about. Once he had even a fracture which he cured with wine packs. This therapy alone could bring him back from the jaws of death.

CHAPTER XVII SOME VIEWS

Experiences of Dr. Arjun singh

Dr. Arjun Singh is a retired sub-assistant surgeon of the Punjab and resides in Ajmer. He is 83 years old. From his experience he believes, allopathy is a suppressive method of treatment. Again allopathic medicines often give rise to new complaints. To know his reaction to urine therapy I met him on 12-4-1975.

1. He was suffering from asthma since 1946, heart disease since 1948, eye trouble since 1955, for years pain in knees and shoulders

and pyorrhea. Attending to all these complaints with western medicines he was frustrating. Homoeopath Dr. M. K. thadani advised him about urine therapy and he proposed to try it.

From 9-9-1973 he began drinking his urine twice or thrice daily and applying twice to the eyes also. He could not massage with urine but he followed the dietetic restrictions. Gradually all the complaints were cured. Within a year and a half some of them were completely cured. Asthma was cured 90%. He used to have heart attacks twice or thrice a month. Now they came once in five or six months. The white leucodermic spot on the tip of his nose has contracted to a very small size. Soles of feet do not chop or crack. His heaviness has also decreased by about 12 lbs, body became lighter and hence more active.

His grand-daughter Tandeep Kaur is of 13 years. She was a victim of colitis in 1973. For two months she took western medicines and injections but there was no relief. At last for 15-20 days daily twice or thrice urine-drinking restored her to her normal health.

Her niece Manmohan Kaur got her hand scalded with her tea. Applying urine twice or thrice at night to the affected part cured it completely. It did not leave even a sign.

- EDITOR

2. **Shri vijay Kumar Gupta's experience :** Shri Vijay Kumar Gupta (Raipura Road, Civil Lines, Ludhiana) is an elderly advocate of the punjab High Court and the Supreme Court of India. He is ever eager to help his fellowmen. I met him on 15-3-1975 to know his observations from years of urine treatment he gave to several patients. From his narration I found that he follows Shri Raojibhlai Manibhai Patel devotedly. He writes on 17-5-1975 :

"From September 1945. I have been taking active interest and having faith in Nature Cure. I have cured many patients by this treatment. Hariyana's Chief Electrical Engineer, Shri H. G. Divan, told me that Dr. Poddar of the Nature Cure Ashram, Jasidih (Bihar)

applies to those who agree the treatment of urine therapy. I broke into laughter and said it is next to impossible to drink urine.

In 1972 vacation I went to Jasidih and stayed in the Nature Cure Ashram for 20 days. Shri Poddar gave me a book on urine therapy, which made me believe in its proposition. In order to dispel the inhibition to drinking of urine and thereby save hundreds from the diseases, I resolved to drink urine next morning. With distaste and yet prayerful devotion in a morning of the last week of August in 1972. I took my own urine for the first time. It proved natural and very useful. I was being preyed upon by ulcer in the stomach. Doctor stated that the cause of this was overwork and tension in the family. But from my naturopath's point of view, I ascribed my ailment to improper food. As a votary of naturopathy I would not accept treatment at the local Christian Medical College nor at the American Hospital. But for examination. I was kept at the said hospital, I took nature cure treatment and got myself cured. But due to unsuitable food the ailment arose again. Then in November 1972. I took treatment of urine therapy and got cured in ten days. Today also I follow urine treatment and keep myself fit. No doubt we should take only simple and natural food. My diet consists of milk, curds, boiled vegetables, dairy cream, fruit and green vegetables (also raw). I avoid sugar but occasionally take jaggery and honey. Now my age is 67 years.

In 1973 I went to America. While returning in an aeroplane in July 1973, I suddenly developed acute pain in the stomach. I went to the toilet and drank about 6 oz. of my urine. And within ten minutes the pain disappeared. After 15 days I felt acute pain in the inner side of my right foot. I thought I would not be able to walk freely for some days. I put urine-pack on the same night and overnight I got about 50 % benefit, so that I could attend the courts. During second night urine-packs cured my foot completely.

An agriculture officer of the Bihar Government was suffering from nephritis. He was treated at the Billaur Mission Hospital twice but could not be cured. At last the doctors there declared their failure.

The Jisidih Nature Cure Ashram's Dr. Poddar also declined to treat as the case was deemed beyond even Nature Cure. Then the officer stayed outside the Ashram in some house. At my suggestion and under my supervision he followed urine therapy and regained a new life.

Bhagat Karamchand is a private steno-typist of 62 years. His head was fast becoming bald. On my advice he adopted wine therapy and he regained all his earlier hirsute growth.

Shri Dharam prakash, B. A., is a military contractor of 55 years age. With the urine treatment he removed his disease of the prostate gland, within three weeks.

Shri Mahendra Pal, B. Com., is a young man of 26 years. His father is a rich factory owner. He was having serious stomachache. He stayed at Gorakhpur and Bareilly Nature Cure Homes for several months but had no benefit. Then I made him undergo urine treatment for two months. Besides drinking and massage, I made him undertake fasts with urine also. Now he is completely cured and is happy.

3. Shri Saligram Gosai's Experiences : Shri Saligram, Gosai, Jr. Publication Officer, F.C.I. Ltd., Sindri Unit, Sindri (Dhaubad). He is also a press correspondent. He has a keen interest in nature cure. He was so much impressed by his talk on urine therapy with his friend Shri Gupta whom he visited, that on return to Sindri he took up the practice. In his letter of 31-10-1973 to Shri Gupta he writes :

"Last June 4 to 6 I had some pain in my chest. On June 7 morning I took urine and the pain vanished. Since then without hesitation I drink once or, several time daily the invaluable drink, *Shivambu* Water of life. My experiences in this field in brief are:

1. My complains of displaced rectal membranes has been cured 50 %. Now they can contract up to 50 % of their earlier capacity. There seems no need for any major operation.

2. my piles subsided within a month.

3. I can work for 16 hours a day without fatigue.
4. Once at a 10 -day conference I used to remain awake till 2-30 a.m. or even later and yet was well.
3. My paunch is decreasing and hips are thinning and becoming more flexible. For the last four and half months I have no trouble in my stomach and my tummy is flat.
6. You say urine therapy creates rejuvenation. Yes. I find my grey hair getting black. Only the tips are now looking grey. I am 55 years old.
7. By cleaning teeth with toothpowder and urine my loose teeth have become firm and there is no bleeding since then.
8. From September, I began washing my eyes with my urine. My eyesight has become keener and they do not tire now.
9. From 1st september I massage the whole body with one- week-old urine. It is invigorating. Then after about two hours of gardening I bathe. In the morning first I put fresh urine in the ears. Then I put drops of a week-old strained urine in the eyes which cools the eyes.
10. When squatting or in long journey my rectal portion used to project outside. Now it comes out only when I am evacuating.
11. From Ahmedabad about ten people have demanded the copies of the book on auto-urine and have started practising it. :

4. Shri Chandulal Dave's Experiences : Shri Chandulal Kashiram Dave (25 Brahman Mitra Mandal Society, Ahmedabad-6) is a retired head master taking keen interest in spiritual matters and dietetics. He is 84. For physical and mental health, he feels, proper food and spiritual exercises are necessary. His well-known book *Sasti Poshak Vanagio* ("Cheap and wholesome recipes") has been printed for five times. He is always active to incorporate in his life the practices of yoga, nature cure and auto-urine therapy. Writing in *Bhaumiputar* on 26-6-1975 he states :

"For years I have noted that to stop bleeding from injury and to heal the wound auto-urine is one of the most effective remedies and immunizers. I have tried it when I was bitten by a pet dog of one of my relatives and found that it stopped bleeding. To describe a most unobliging person we say in Indian languages, "He wouldn't even pass urine on an injured finger. This saying speaks volumes for the knowledge gained from age-old experience.

Several years ago. I had read in Ayurvedic books that human urine is a medicine. One leader Shri Morarjibhai Desai has benefited from this as he has been practising auto-urine therapy for several years. When I had occasion to see him some months before, he confirmed the Ayurvedic description of urine. Taking inspiration from the great man I have also started drinking urine early in the morning. I experience as though some new energy is coursing through my blood vessels I have now clear and ample motions. By putting a few drops in both the nostrils my complaint of congestion also has vanished."

5. Shri Morarji Desai's Experiences : Since the late Shri Raojibhai told me that Shri Morarjibhai Desai also practises auto-urine therapy I was keen to know his views on this. About five years ago. I had met him with Shri paragjibhai Desai in Delhi. He had then told that with auto-urine his constipation has been cured and auto-urine has proved for him to be elixir.

Even in his 80th year he could trek the Siddhachal.

On October 2, 1977 while narrating his own observation on auto-urine, he said that once he had been operated upon for cataract. But the operation was not successful. But he could remove his eye-trouble by drinking auto-urine. He could cure himself of deafness also by drinking urine. Incidentally, he said auto-urine can cure all diseases.

In his letter to Shri pannalal Jhaveri of 13-9-77 he writes that a gentleman of Rajkot had undergone operation for five times to remove cancerous growth, but without any success. Doctors had

given up all hope. But with auto-urine treatment he was completely cured.

- EDITOR

6. Shri K. G. Pandit's Experiences : Shri K. G. Pandit was an Engineer at the Bhilai steel Plant. Now from his own experience he has begun to propagate for spreading the massage of auto-urine therapy. He is now manager of Auto-urine Research Centre and Clinic, Raipur, (Madhya Pradesh). At his suggestion several workers at the Bhilai plant have healed their injuries by washing with urine and putting urine packs on them in short times of two or three days.

Cricket Captain of Bhilai Shri Madan Joshi has found that drinking urine and urine massage has proved as tonic during his hard days of matches or even practice.

Innumerable patients on his advice have relied on drinking urine and light diet to cure themselves of ailments like gastric trouble, dysentery, diarrhoea, indigestion and even headache, within a short time.

After 15 years of his own and others experiences, Shri K. G. Pandit has come to this conclusion that by taking a couple of days' fast with three or four daily doses of fresh urine and massage with old urine and strict adherence to diet, influenza and malaria can be removed immediately.

Shri K. G. Pandit is a devoted canvasser of auto-urine therapy. He is in a sense making good the loss of the late Dr. Paragjibhai Desai by this new therapy. His experience is :

"He was sick when he was 60. His digestive system and circulatory system had almost gone out of order. For about two years he tried allopathy, homoeopathy and Ayurved without any benefit. So he turned to drinking auto-urine and massage with 7 days' old urine. Within two weeks he was considerably cured and in a month's time he was entirely free illness."

Bleeding Piles : In every summer he had to walk for ten miles

daily in the hot region of the Berar districts of Akola and Amaradi. This used to result in hardness of the stools. This ultimately have him the dread disease of bleeding piles. So he returned to Nagpur, took three days' fast on urine and water and took enema with lukewarm water. He took urine thrice a day and enema every third day. Within three days piles subsided bleeding also stopped. Within a fortnight piles were completely cured.

Cataract in Eyes : In 1967 when he was examined by an eye surgeon he found that both the eyes were having cataract. He decided on a ten day urine fast. After five days blood-pressure was found to have come down. On his wife's insistence, therefore, he broke the fast by resuming milk, buttermilk and orange juice. He continued to drink urine thrice daily and even urine massage. After a week he began normal food.

Then he got himself examined by the same doctor. The latter was surprised to find that the cataract had become reduced. Since then he has continued to wash his eyes with fresh urine and thus could resume his week of writing and reading.

Rheumatism : In 1975 he took there days' fast with urine to rheumatic pain in his knees and left shoulder. Rheumatism was completely cured and the cataract also was reduced.

In 1976 again the same doctor examined and found that there was no need of an operation to remove cataract.

He takes every morning a full number of urine as he thinks it to be a prevantive medicine against all diseases, washes eyes with fresh urine thrice and massages with a week -old urine before taking his bath.

- EDITOR

Shri Nekiram Chaudhari's Experiences : Shri Nekiram Chaudhari, Manager, Gandhi Ashram, Hapur Dist. Meerut, (U.P.) an experienced urine therapist, writes in his letter of 22-1-1977 :

"In 1964 I had acute burning pain in my liver. I was extremely

childhood Hole of Urinary track has become very narrow and has severe difficulty in passing Urine. Doctors had advised operation. He writes in his letter dated 25-11-'89 addressed to Auto-Urine Therapy Centre, that after reading "Manav Mootra" book in Gujarati, he started drinking auto-Urine thrice a day and within a short period hold of urinary track has automatically widened and Urine passes smoothly.

Shri Hiralal Samchai,

Karmanns STR 18 4850, Moenchenglad Bach-1, W. Germany.

He is aged 56. Because of constant Alergy he had a severe Throat Truble. In his letter received by the Auto-Urine Therapy Centre on 8-11-'89. He writes that in the lecture arranged by the society of persons suffering from Alorgy that it was said that there is no medicine in Allopathy which can completely cure Alergy and Asthama and advised to resort to Auto-Urine Therapy. He adds that after reading the book "Manav Mootra" by Raojibhai Patel and Armstrong's Auto Urine Therapy he resorted to Auto-Urine Therapy and there is a marked improvement and kidney which was working 16% has started working 26%

Shri Prabhubhai Laljibhai Vyas,

At & Po. Koliyad. Dist. Rajkot.

He was suffering from severe constipation and gas trouble. In his letter, dated 25-7-'90, addressed to Auto-Urine Therapy centre he state that as per advice given by the centre on 5-3-'89 he resorted to Auto-Urine Therapy and has fully recovered from constipation and gas trouble.

Shri Jagjivandas Manji Adatia,

At. & Po. Gondal, Dist. Rajot.

He was suffering from Cold constipation and deatness. In his letter of Aug. '90 addressed to Auto-Urine Therapy Centre he informs that as per advice given on 21-6-'90 by Shri Shhsikant Patel, Adviser, Auto Urine Therapy Centre he has a marked recovery from cold and constipation but very little improvement in deafness. He has requested for further advice which has been given in centre's letter, dated 3-8-'90.

Shri Rameshkumar Aroda,

18 Radhaswami Road, near Adarsh Cinema,

Amrutsar, Punjab, Age 46.

He was suffering soraisis (Skindisease) since last ten years. He started USE of Auto-Urine Therapy since June 1990 as per advice of Auto Urine Therapy Centre. In his letter, dated 6-9-'90 addressed to Bharat Sevak Samaj, he informs that he has completely recovered from the illness.

Shri Mohanbhai Gordhanbhai Mistri,

Mangaldas Dudhwalani Chali,

Uttemnagar, Maninagar, Ahmedabad.

He was suffering from cancer of "Annnali" (foodpipe) and was neither able to take food nor even tablets and lost weight of 10 kgs. He writes in his letter, dated 16-8-'90. That after following Auto-Urine Therapy within short period he has recovered fully and since last two years there is no trouble.

Shri Shantilal Arjun Thanki,

Porbander, Dist. Junagadh - Age 64.

He was suffering from Arthritis of knees. He started practice of Auto-Urine Therapy since 9-7-'90 as per advice of Auto-Urine

Therapy centre. In his letter dated Nil, July 1990, addressed to Shashikant Patel, Hon. Adviser of the Centre he informs after USE of Auto-Urine drinking and Massage there is 50% improvement.

Shri Parmar Anilkumar Bhagwansingh,

Kvkeri, Tal. Chikhli, Dist. Valsad, Age. 20.

He was heving bad smell from mouth and was suffering from Malaria for about 10 months and hand taken Qyinine Injection and other Allopathy medicine but there was no complete cure. He writes in his letter dated 13-8-'90, addressed to Shri Shashikant Patel, Hon. Adviser, Auto-Urine Therapy Centre that he started practice of Auto-Urine Therapy since last fifteen days and there is substantiar relief and that though there is opidemic of Malaria in the area, he has not become victim of the disease.



Part VI

A few notable additional concepts and cases

By Dr. S. M. Desai

My old friend Sri Jayantibhai Trivedi found me out after a long period of about twenty five years by a good chance and he seggested me to write this chapter. Not out of any self-importance but to show the worthiness to write this chapter, I have to say that I am not only the translator of this fundamental book on urine therapy by late Sri Ravajibhai but I am a naturopath with a certificate from the great naturopath Sri Sharmha of the South India. I am Ph.D. in Ayurveda by writing a thesis on the Psychosomatic Theories in Ayurveda. I am helping my elder brother who is a self made Homeopath with a forty years practice. We both prescribe without any fees to the patients who come to us the Naturo-Urine therapy along with home made Ayurvedic medicines and also suggest Homeo medicines as supplementary cures and we have good results. We put more emphasis on Naturo-Urine Therapy and give most importance to the additional concepts described in this chapter later. Our address is like this : Sri Mohanbhai Desai & Dr.S.M.Desai, 5, Shital Chhaya Apartment, Suketu Society, Nr. Nilam Hotel, University Area, Navrangpura, Ahmedabad-380 009. Phone : 467158

Real Approach : Our approach to the recovery of health is the well-known motto of prevention is better than cure. Sri Ravajibhai had also the same approach and he too believed that self-cure is the best cure and Naturo-Urine therapy is the best and easiest self-cure. This does not mean that all other pathies are useless. Every pathy has its own place in human life. The best approach to the whole of the medical world is an integral and comprehensive approach. The most practical approach to all pathies should be like this. First use must be made of Naturo-Urine Therapy along with homly innocent medices like sodabycarb, Triphala, Trikatu, Amritbinda, Fenugreek etc, if they are necessary for curg vata pitta & cough. Most of the diseases can be cured by this and then only in serious cases, one must resort to Homeopathy. If not helped by this, one can then resort to Ayurveda and lastly to Allopathy and surgery when surgery becomes a must.

All self-curers must at least know the fundamentals principles of all therapies. Naturo-Urine therapy has the fundamental principle of the clearance of all Toxins in the body. Ayurved put emphasis on the removal of mucus or mala in the body by natural means and herbal medicines. Homeopathy uses innocent like-cures like medicines. Biochemistry medicines are supplementing the salts which are not there in the deceased Body. Allopathy believes in germ theory and kills germs along with many vital things in the body. Allopathic surgery is wonderful no doubt but it is misused due to the professionalism. So one must start with Naturo-Urine Therapy. It can cure almost all diseases if used well along with observing all musts described in this chapter later on.

Extension of Naturopathy : In all cases of urine therapy the principles are the same as shown in this book. The real emphasis is on the removal of all toxins. The first and foremost principle of Naturopathy is this : all diseases are due to the accumulation of toxins in any part of the body or in any system of the body such as blood system, nerve system or alimentary system etc. Ayurveda has also said thousands of years before that mala is cause of all diseases. Urine therapy fully accepts this basic principle of Toxins and it insists that urine is the best remedy to remove all toxins in any part of the body or in any system of the body. From this point of view, urine therapy is a part of Naturopathy or is a fine extension of Naturopathy.

Unique Therapy : Urine therapy is well described in Ayurved and Dabar Tantra. But recent research in urine therapy is really an advancement and it is specially so in the present context of the popularity and failure of Allopathic medicines and wrong and professional misuse of the present wonderful art and science of surgery.

Accupressure, Magnet therapy Homeopathy etc. are sure cures no doubt but they are additional aids only. They cannot substitute Naturopathy and cannot evade the first law of removal of toxins. They are very good aids in removing toxins and so they can be very good additions to urine therapy and Naturopathy but they can never be the substitutes for them. So urine therapy is unique in its own way.

Laws are active form of God : Most important thing in Naturopathy and Urine Therapy is that they emphasis on the observation of all laws of good health. Even hearty prayers cannot help i.e.-even God would never help if laws of good health are transgressed. God surely helps at once to those who observe fully all laws of good health because laws are active form if God. Such laws are control of food, control our tongue, living natural life, use of sunshine, pure air, required exercise etc. Only after observing all laws of health one can get rid of all diseases by prayer and urine therapy. Prayer is a must in any therapy. The form of prayer requires pure heart, clean head and clean behaviour. This is the real addition in urine therapy now-a-days and this can do wonders in the use of urine therapy

A few more concepts are musts

The life of the most people has become so much complicated and man in general has become so much willful that fundamental concepts of routine life have not been well understood by most of the them. A few very important concepts about man's routine life has been altogether forgotten by them. These concepts are not new but still they are very important. These concepts are about proper food, drinks, Sex, exercise, prayer etc. Even though much is emphasised on these matters in Naturo-urine therapy and Ayurveda, there is much of mis-behavior in this matter. In some cases, people take care as long as they resort to Naturo-urine therapy but as soon as they recover health they neglect all these basic concepts and resort to old wrong habits of food drinks, sex, another matters.

Food : Most of the humanity are the slaves the tongue. The small tongue without any bone is so powerful that it can make men dance! Man in general like too much sweet or salty and spicy food and spoil their health. Now it has become a fashion to eat in hotels once a while and often if possible. Fast foods has so much enchantment that men run after it and spoil the belly and destroy health. Most of the people do not know what is healthy food. They must know that fruits, nuts and simple grains like wheat & rice preparations are the best food. Simple food is better as it is easily digestible without creating any toxins. All other foods, spicy foods and hotel foods,

create toxins and so ill health is the result. The best foods are home made foods prepared with love and care of health of all by our mothers and sisters and wives. This concept is not new and still it is mostly neglected and so is well emphasised here and brought to the notice of urine-curers.

Breakfast : As fast or liquid fast is found to be very useful, so is the giving up of breakfast. Maffadden, the great American Naturopath has always insisted on giving up breakfast as it is loading on body on an unhungry stomach. Ayurveda says that man's hunger brightens as the sun goes up in the Sky. So the patient should always give up breakfast. Most of the people are so much attached to breakfast that they cannot aschew it easily. So if at all they want the morning breakfast, they can take only some milk or some fruits in small quantity. It is a via-media and so it is a compromise only. The best way is to give it up completely and eat sparsely for two times only. This can keep up the health regained by this therapy. Breakfast is a nuisance to the body and so it must be given up for all times and as mother Gita says one must be controlled in all sorts of eating.

Fast : Fasting is a part of urine therapy but most of the patients are not ready to go on pure fast on water and so they cannot take full advantage of this unique therapy. So there is found a middle way of fasting on milk in least quota possible or on fruit juices in small quantities so that one can sustain himself and take full advantage of this therapy. One should fast on pure water for as many days as one can pull on and then go on liquid fast for as many days as possible so that one can reap the full fruits of this therapy. Milk fast or liquid fast can be prolonged for as many days as possible and along with it the patient should resort to this therapy and can take full advantage of it. We have experimented on this and found it to be very useful.

Good Mastication or Chewing : As simple and balanced food is the first must, So is the second must of good mastication or food-chewing. "More chewed the better" is the must for all foods. As a result of chewing the minutely powdered food is easily digestible. More chewing requires less food as it can provide full nutrition to

the body. Sri Morarjibhai has well said that there are no teeth in the belly and so chewing in the mouth, the entry of the digestive system, is the great must. Homeopathy is very effective because it uses minutely powdered drugs. More pondered the medicine, more effective it is. This is so in the case of food also, more masticated the food, better digestion and nutrition is there in the body. So mastication and chewing well is a great must. This simple concept is more neglected than observed and so it is considered a must for all.

Drinks : Most of men's other slavery after the tongue slavery is the slavery of ready made costly and injurious drinks of all sorts. Man, in general has already become the slave tea and coffee. All patients and urine therapy patients should have to give up all these drinks if they have to keep good health, before and after the recovery. The best drink is pure water and then come useful drinks like coconut water, and other fruit juices. If one has not lost the real taste of the tongue, one can very well enjoy the real taste of pure water and fruit juices. One has to give up too much of salt and sugar as they are injurious. Wine and other drugs are creators of toxins and affect even the brain cells and so they must be given up for ever and for ever. So pure drinks are the must and at no cost is should be evaded.

Meat : The next bar is on meat. It is a must as it is a great cause of toxins and mental perversity. The reason for this is very simple. No animal either a cow or a goat or sheep, never want to die and when the butcher's knife is on its throat, the whole system of the animal revolts and it is full of negative reactions like fear, anger, violence and negative instincts. So the dead body of animal's every cell becomes poisonous and meat is full of poison. Meat eater does not only eat meat but eats also the poisons. The meat eaters are more violent than the vegetarians. Most of the humanity is still meat-eater and so there is violence all round the world in one form or the other. This is why giving of meat is a must for all and for all times.

Tobacco : Tolstoy, the great Russian thinker says rightly that tobacco in any form is worse than wine. He has seen this factual truth with his own eyes during his war career as a commander.

Tobacco is itself a poison and its use in any form poisons the whole body system. Tolstoy says that man with tobacco habit can kill men easily then a drunk because tobacco is more poisonous than wine. Tobacco affects not only blood but ruins the nervous system and makes man's mind fully pervious. Tobacco is so rampant all over the world that any fickle minded man can easily be a victim of it. So giving up of tobacco in any form is a must for all times and for all sections of society. No man habitual of tobacco can ever be truly healthy. This avoidance of tobacco is a must of all musts.

Sex : Sexuality is rampant all over the world after Freud's theory of sex was propagated everywhere. Bhagawan Das, a great theosophist has rightly said that Freud's theory of sex and its propagation has done more harm than the two so-called world wars. Sex in a way is a natural phenomenon but now-a-days it is made a game on T.V., novels and stories and cinemas. This has made sex very common among all sorts of men and women and that is the great cause of general debility among men and women now-a-days. Sex has been enhanced by the use of double bed which is really a disease bed and sometimes it becomes a deathbed. People do not understand sex properly. This is a very serious thing. By over sex, one loses life force along with wasting semen which is soul of human life. Control of sex is a must for all and it is more so for all patients. If one indulges in sex after recovery, one again becomes sick. So control of sex is great must for all.

Observation of laws : In Ayurveda, it is emphatically laid down that if strict observation of rules of healthy life is not done, what is the use of medicine. If these laws are observed, there is no need of medicines. Such is the great emphasis on the observation of the laws of healthy life. Why is it so ? It is so because as vedanta, Geeta and Bible say that transgression of laws of life is sin and their proper observation is a great merit. This is so because laws of life is the active form of God Himself. If these laws are broken, God feels insulted and insulted God cannot be helpful at all. There is great joy in the observation of laws of life and such a joy is divine and God too is not far from such a divine joy. So observance of all laws of righteous life is a divine must.

Prayer : Prayer is the must of all musts a divine must, a spontaneous must and without it all cures are secondary. Prayer with a clean life, with pure character and enjoined with the observation of all laws of sound and healthy life work wonders and this is the universal experience of all saints. One may ask why should one pray God. Is God a despot who requires our flattery to be pleased? If it is not so at all True Prayer means finding out one's own divine self because essentially man is God's incarnation. He is so engrossed in worldly things like money, sex and other base enjoyments that he forgets his own divine self and becomes a petty mortal man. So he must pray in such a way that he can find his own Divine self who is all health, wealth and wisdom. So such a prayer is the greatest Divine must and is the must of all musts the Divine Fundamental must.

Exercise : Most of the people are so lazy in doing physical exercise, that they never care for any exercise and that is why they suffer small or big ailments. It is sheer laziness and carelessness on the part of such people that they try to avoid physical work. It is a mental attitude of the most of the people that exercise is only meant for sportsmen only or only for the athletes. Really speaking exercise is physical prayer to keep fit the body. It keeps all systems of the body quite fit and so every one should do exercise for the sake health. It is a must for all except those who do manual work for earning their bread. Yogic Asians and calisthenics along with few simple pranayam keep fit the whole body and mind too. It is a last must but not the least and so from a child to an old man, every body should do exercise according to one's own need and fitness.

New Cases

Urine therapy is so much propagated not only in Gujarat but in India and abroad that many books are already written on this very Therapy. In Gujarat, Ravajibhai made the start and his noble work is taken up by so many other enthusiasts. Ravajibhai's own son, Sri Shashikantbhai has inherited his father's faith and enthusiasm and is carrying on his work very well and has continued his father's work. During last several years so many successful cases by urine therapy have come to light. Some of the notable cases treated so far are given below.

- (1) Sri Rasiklal M. Shah of Mevada Street, Anklesawar, Dist.:Bharuch was suffering from pain in the intestine (pechis), lack of hunger, debilities and cough, In ten days he got back his hunger, got relief in all other matters in few days more by this therapy.
- (2) Sri K. B. Khare of F/15, Govt. Engineering College Reva (M.P.) got rid of his diabetes by this therapy.
- (3) Sri Champaklal P. Shah of Ganj Basauda, Dist.:Vidisha in M.P. got much relief i.e. relief in Pitula in 15 days.
- (4) Sri H. C. Shukla, 34, Anand Nagar, Raypur, M.P. Found much advantage in constipation by this therapy.
- (5) Sri Laxmiben of 309/11, Javahar Nagar, Goregoan (W), Bombay, aged 65 has got much relief in cold & cough and other injuries.
- (6) Sri Chamklal Purohit, of Purada, Seemerpur, Dist.:Pali, Rajasthan, got much relief in heart trouble and T.B. by this therapy.
- (7) Sri Viswa Karma Bakhora C/o. Avadh Kishore Mishra, Dalmiya Nagar, Dist.:Rohtas, Bihar, has got notable relief in constipation and relief in pain in left testicle also.
- (8) Smt. Chamdrikaben M. Trivedi, 210, Bharat Nagar, (Singliya) Talaja Road, Bhavangar has got much relief in a possible cancer.
- (9) Sri Jashabhai Patel, Village Kalyan, Mumbai had piles trouble and he cured this within a week by this therapy.
- (10) Sri Bhikhsu Jamanadas C/o. Dharamraj Hotel, Rajkot, was suffering from oozing piles for twenty years. He cured them by this therapy.

Shivambu Magazine : The best news for the lovers of urine therapy is about the publication of shivambu monthly magazine by Yagna Prakashan Samiti (Vadodara) in Gujarat for the last few years.

Therein are given good research articles along with many a successful cases by urine therapy. Its life membership is only Rs.200, yearly cost is Rs.30 and per copy cost is only Rs.2.50. The full address is like this : Yagna Prakashan Samiti, Nr. Hinglag Temple, Hazarat Paga, Vadodara. The literature which is published till now on the subject of urine therapy can be had from there and from the places shown in the magazine.

Dr. Thanki's few cases : Urine therapy has so much advanced and is so much propagated that there are many a enthusiasts who are diligently and intelligently work on this therapy. Prof. Thanki is one such propagator of this therapy and he uses Accupressure and magnet therapy as aids to it. He has successfully treated many a cases with full success. His address is Dr. Mugutlal Thanki, B/3, Govt. Officers Colony, Meghaninagar, Ahmedabad-16. Phone : 2123445. Some of his successful cases are given below in short. The details of each treatment is not necessary to be given as the principles and treatment are almost the same. Each patient is unique and so personal guidance can vary from person to person.

- (1) Sri Amritbhai B. Patel, aged 35, Village : Sarsav, Taluka : Kadi, Dist. : Mehsana, his body was aching and full of dirty smell. He was cured in about nine months.
- (2) A case of valve of the heart : Sri Chandulal B. Andani, aged 62, Retired DYSP, Nr. Anjli Cinema (Ahmedabad). His three valves of the heart almost failed. He was cured in three months !! He can now move on a scooter easily.
- (3) Prof. K. N. Shah, Govt. Arts College, Gandhinagar was suffering from cough and rheumatism and was cured in forty days by urine therapy.
- (4) Smt. Shantaben Khajuria, aged 30, residing in a hut near Vadaj, pluresy and she was cured in 15 days.
- (5) Prof. Dhanesh Tripathi, aged 51, Sarkhej was suffering from high B.P. and was cured in two months.
- (6) Sri. Natvarlal A. Bhavsar, aged 65, living in Meghaninagar,

Ahmedabad was suffering from Asthma & diabetes, was cured in about two to three months.

- (7) Sri. Pravin Bhavsar, aged 65, Ahmedabad was a sufferer from diabetes and was cured in two and half months.
- (8) Sri. S. R. Gadani, aged 55, Khadia, Ahmedabad had frozen shoulders and was cured in three months.

Some More Important Cases

(From Hindi Edition, 1996)

- (1) Sri. Amritbha N. Vadia's, Son aged 15 was not keeping normal health and was suffering from cold and its after effects. He was cured of synus etc. in 15 days.
- (2) Sri. Bharatbhai of Anand was cured of his cancer of alimentary passage in 4 months and was saved from operation.
- (3) Sri. Zawarbhai of Gokuldhai colony in Dasakroy, Dist. Ahmedabad cured of his skin disease in few days.
- (4) Sri Tarachand Singh of Rajsthan found relief in breathing trouble in a month or so and he is advised to continue urine therapy for tumour in the throat.
- (5) Smt. Chhayaben H. Yagnik of Vasundhara Society at Bhavangar, aged 26, had a problem of falling hair has much relief and is advised to continue the cure.
- (6) Sri. Gosai Rajugiri Bhatgiri, Post-Kankach Taluka-Lilia in Dist.:Amreli has much relief in his breathing trouble.
- (7) Sir Samatritram, Post Village Paresa of Gojipur has found relief in pain of the body and has complete cure of his stomach pain, and finds more vigour in the body.
- (8) Sri Koely Roy, 96 N, Block E, New Alipore, Calcutta-700 053, was sufferer of Ashtma and was fully cured by this therapy (1994)

THE BASIC IDEA OF URINE THERAPY

Sky, Air, Water, Earth and Fire are the five basic elements. This world and the human body are made of the same elements. God or Nature has given well proportioned body to every human being, and in every healthy body, the five elements are present in due proportion. The disturbance in proportion is caused by folly of the man, and to regain health, the balance should be restored.

The power to restore this, is contained in one's own urine. As earth depends on sea, so the body depends on its urine for its proper functions. Just as water has the power to contain all the elements, so the urine has power to contain all the elements of the body. This is the power or capacity to restore the lost health of the body.

- Raojibhai M. Patel